

PAUL WINCHESTER

STILLNESS
MEDITATION

SATB chorus with Piano

About the Composer

Paul Winchester is an award-winning composer, performer, educator, and music director in Minneapolis, MN.



Praised for “beautiful harmonic and melodic language,” Paul's work has been commissioned and performed by the The Singers: Minnesota Choral Artists, The Society for New Music, the Ohio Shakespeare Festival, the Wooster Symphony, and numerous church and school choirs. Paul received his B. Mus in Composition from The College of Wooster and his M. Mus in Composition at Syracuse University, where he was a Heaton Fellow and a recipient of the Brian Israel Award.

As a performer, Paul performs regularly throughout the Twin Cities in both studio and live settings as a singer and multi-instrumentalist. Paul has served as the Music Director for the Unitarian Universalist Church of Minnetonka since 2014.

In addition to his music career, Paul is also a professional game developer, notably serving as lead designer and producer for most of the product line of Star Wars: Imperial Assault, winner of the 2015 Board Game of the Year Origin Award.

More Music

A Holy Night – SATB Unaccompanied – 6'30"

Celebrate Today! – SATB and Piano with optional combo – 4'30"

If It Was Your Son – SATB Unaccompanied – 6'

Lux Benedictum – SATB, Piano, and Percussion – 3'

Magnificat – SATB, Violin, Cello, and Piano – 5'45"

Mourning Poem – SATB and Piano – 4'45"

Stabat Mater – SATB with soloists, Piano, Timpani, and 2 Percussionists – 9'

Remember Love – SATB and Piano – 3'45"

Where You're Meant To Be – SATB and Piano – 4'15"

5 Pillars – Tenor, Percussion, and Piano – 27'30"

At Sunset – Voice and Piano – 5'45"

I Am Not There – Voice and Piano – 4'30"

Dialogue for Clarinet and Piano – 6'30"

Syncphony – Clarinet, Cello, Piano, Electric Guitar, and 2 Percussionists – 20'

These pieces and more available for purchase at paulwinchester.com.

STILLNESS MEDITATION

Calm, grounded, warm $\text{♩} = 36$ ($\text{♩} = 108$)

Paul Winchester

The musical score is written for Soprano, Alto, Tenor, Bass, and Piano. It is in the key of B-flat major and 6/4 time. The tempo is marked as 'Calm, grounded, warm' with a metronome marking of 36 quarter notes per minute (108 half notes per minute). The score is divided into two systems. The first system (measures 1-4) features the vocalists singing 'Still - ness, still - ness, still - ness sur -'. The piano accompaniment consists of sustained chords in the right hand and a simple bass line in the left hand. The second system (measures 5-8) begins with a fermata over measure 5. The vocalists sing 'rounds me Still - ness, still - ness, still - ness'. The piano accompaniment continues with sustained chords and a bass line that includes a fermata over measure 7.

Soprano

Alto *mp*

Tenor *mp*

Bass *mp*

Piano *mp*

5

A *mp*

T *mp*

B *mp*

Pno. *mp*

rounds me Still - ness, still - ness, still - ness

rounds me Still - ness, still - ness, still - ness

rounds me Still - ness, still - ness, still - ness

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18

A still - ness cre - ates me.

T still - ness cre - ates me.

B still - ness cre - ates me.

Pno.

22

S *mp* Peace - ful - ness, peace - ful - ness, peace - ful - ness sur - rounds me

A *mp* Peace - ful - ness, peace - ful - ness, peace - ful - ness sur - rounds me

Pno. *mp*

26

S *mp* Peace - ful - ness, peace - ful - ness,

A *mp* Peace - ful - ness, peace - ful - ness,

Pno.

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38

S
— peace-ful-ness cre - ates me.

A
— peace-ful-ness cre - ates me.

Pno.

42

S
mp
One - ness, one - ness, one - ness sur - rounds me

A
mp
One - ness, one - ness, one - ness sur - rounds

T
mp
One - ness, one - ness, one - ness sur - rounds

B
mp
One - ness, one - ness, one - ness sur - rounds

Pno.
mp

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53

S
one - ness, one - ness re - minds me

A
one - ness, one - ness re - minds me

T
one - ness, one - ness re - minds me

B
one - ness, one - ness re - minds me

Pno.

56

S
One - ness, one - ness, one - ness cre - ates

A
One - ness, one - ness, one - ness cre - ates

T
One - ness, one - ness, one - ness cre - ates

B
One - ness, one - ness, one - ness cre - ates

Pno.

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69

S *mp*
still - ness ____ ful - fill you May still - ness, ____

A *mp*
still - ness ____ ful - fill you May still - ness, ____

T *mp*
still - ness ____ ful - fill you May still - ness, ____

B *mp*
still - ness ____ ful - fill you May still - ness, ____

Pno. *mp*

73

S
still - ness, ____ still - ness re - mind ____ you ____ May

A
still - ness, ____ still - ness re - mind ____ you ____ May

T
still - ness, ____ still - ness re - mind ____ you ____ May

B
still - ness, ____ still - ness re - mind ____ you ____ May

Pno.

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