

Mantra
GP - T019.1
SATB, piano

Timothy C. Takach

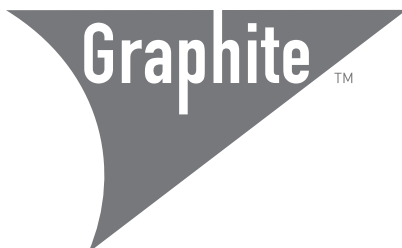
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Timothy C. Takach

Mantra

for SATB choir and piano

Commissioned by VocalPoint (Jennifer Anderson, Founding Artistic Director)
in support of Walk-In Counseling Center's 50th year of holding space for others.



notable. elevated.

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Text:

Vitamin D. Sunlight. Go
outside. Get a good night

of sleep. Not too good.

Not shades drawn forever
good. Not like you used to.

Open the windows.

Buy more houseplants.
Breathe. Meditate. (One day,

you will no longer be

afraid of being alone
with your thoughts.)

Exercise. Actually exercise

instead of just Googling it.
Eat well. Cook for yourself.

Organize your closet, the

garage. Drink plenty of
water and repeat after me:

I am not a problem

to be solved. Repeat after me:

I am worthy I am worthy

I am neither mistake nor

the punishment. Forget to take
vitamins. Let the houseplant die.

Eat spoonfuls of peanut butter.

Shave your head. Forget
this poem. It doesn't matter.

There is no wrong way

to remember the grace of your
own body; no choice

that can unmake itself.

There is only now, here,
look: *you are already*

forgiven.

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Mantra
for SATB and piano

Sierra DeMulder

Timothy C. Takach

Steady, Sure $\text{♩} = 56$

Graphite notable. elevated.

mf

Detailed description: This block contains the piano introduction for the piece. It features a grand staff with a treble and bass clef. The key signature is two sharps (F# and C#), and the time signature is 4/4. The tempo is marked 'Steady, Sure' with a quarter note equal to 56 beats per minute. The music begins with a piano (p) dynamic, indicated by a large 'mf' watermark. The score includes several measures of chords and melodic lines, with a '3' marking above a triplet in the final measure.

6

S *mp* Vi - ta - min D. Sun - light.

A *mp* Vi - ta - min D. Sun - light.

T *mp* Vi - ta - min D. Sun - light.

B *mp* Vi - ta - min D. Sun - light.

Graphite notable. elevated.

mp TM

Detailed description: This block contains the vocal and piano parts for the main section of the piece. It features four vocal staves (Soprano, Alto, Tenor, Bass) and a grand staff for the piano. The key signature is two sharps (F# and C#), and the time signature is 4/4. The vocal parts enter at measure 6 with the lyrics 'Vi - ta - min D. Sun - light.' The piano accompaniment is marked with a mezzo-piano (*mp*) dynamic. A large 'Graphite' watermark is overlaid on the piano part. The piano part includes several measures of chords and melodic lines, with a '3' marking above a triplet in the final measure.

For questions about this piece and to report performances, contact
Timothy C. Takach at tim@timothyctakach.com.

Graphite notable. elevated.

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9

S *p* Go out - side. Get a good night of

A *p* Go out - side. Get a good night of

T *p* Go out - side. Get a good night of

B *p* Go out - side. Get a good night of

p

12 *mp*

S *mp* sleep. Not too good. Not shades drawn for - ev - er good.

A *mp* sleep. Not too good. Not shades drawn for - ev - er good.

T *mp* sleep. Not too good. Not shades drawn for - ev - er good.

B *mp* sleep. Not too good. Not shades drawn for - ev - er good.

mp

14

S Not like you used to.

A Not like you used to.

T Not like you used to. TM

B Not like you used to.

Graphite notable. elevated.

17

S *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

A *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

T *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

B *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

Graphite notable. elevated.

20

mf

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S Med-i - late. _____ One *mf*

A Med-i - late. _____ One *mf*

T Med-i - late. _____ One *mf*

B Med-i - late. _____ One

p *mf*

Insistent ♩ = 60

24

f

mp

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S day, you will no long-er be a - fraid of be - ing a - lone with your thoughts. *f* *mp*

A day, you will no long-er be a - fraid of be - ing a - lone with your thoughts. *f* *mp*

T day, you will no long-er be a - fraid of be - ing a - lone with your thoughts. *f* *mp*

B

f

27

p Ex - er - cise. *mf* Ac - tual - ly ex - er - cise in -

mf 3 Ex - er - cise. Ac - tual - ly ex - er - cise in -

p Ex - er - cise.™ Ac - tual - ly ex - er - cise in -

p Ex - er - cise. Ac - tual - ly ex - er - cise in -

mp

30

parlando *mf* 3

stead of just Goo-gl-ing it. Eat well. Cook for your-

stead of just Goo-gl-ing it. *mf* Eat well.

stead of just Eat well. Cook for your-

stead of just Eat well.

mf 3 3 3 3

33

For perusal purposes only. Do not copy.

S self. Or-gan-ize your clos-et, the ga-rage. Drink

A Or-gan-ize your clos-et, the ga-rage. Drink

T self. Or-gan-ize your clos-et, the ga-rage. Drink

B Or-gan-ize your clos-et, the ga-rage. Drink

35

For perusal purposes only. Do not copy.

S plen-ty of wa-ter and re-peat af-ter me: I am not a prob-lem to be

A plen-ty of wa-ter and re-peat af-ter me: I am not a prob-lem to be

T plen-ty of wa-ter and re-peat af-ter me: I am not a prob-lem to be

B plen-ty of wa-ter and re-peat af-ter me: I am not a prob-lem to be

38

(gesture to sing)

+ Audience: _____

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S *solved.* I am not a prob-lem to be solved.

A *solved.*

T *solved.* **Graphite** TM notable elevated.

B *solved.*

(follow audience) (a tempo)

41

(gesture to sing)

+ Audience: _____

For perusal purposes only. Do not copy.

S Re-peat af-ter me: I am wor- thy I am wor- thy I am

A Re-peat af-ter me: I am wor- thy I am

T Re-peat af-ter me: I am wor- thy I am

B Re-peat af-ter me: I am wor- thy I am

Graphite TM notable elevated.

43

(gesture to sing)

+ Audience: _____

For perusal purposes only. Do not copy.

S
 nei-ther mis-take nor the pun-ish-ment. I am nei-ther mis-take nor the pun-ish-ment.

A
 nei-ther mis-take nor the pun-ish-ment.

T
 nei-ther mis-take nor the pun-ish-ment. TM

B
 nei-ther mis-take nor the pun-ish-ment.

(follow audience)

notable. elevated.

45

mf

f

For perusal purposes only. Do not copy.

S
 For - get to take vi - ta - mins. Let the house - plant die. *f*

A
 For - get to take vi - ta - mins. Let the house - plant die. *f*

T
 For - get to take vi - ta - mins. Let the house - plant die. *f*

B
 For - get to take vi - ta - mins. Let the house - plant die. *f*

mf (a tempo)

notable. elevated. *f*

47

For perusal purposes only. Do not copy.

S Eat spoon - fuls of pea - nut but - ter. *mf*

A Eat spoon - fuls of pea - nut but - ter. *mf*

T Eat spoon - fuls of pea - nut but - ter. *mf*

B Eat spoon - fuls of pea - nut but - ter. *mf*

♩ = 66 *accel.*

49

For perusal purposes only. Do not copy.

S Shave your head. For - get this po - em. It does - n't mat - ter. *f*

A Shave your head. For - get this po - em. It does - n't mat - ter. *f*

T Shave your head. For - get this po - em. It does - n't mat - ter. *f*

B Shave your head. For - get this po - em. It does - n't mat - ter. *f*

rit.

a tempo

51

For perusal purposes only. Do not copy.

S *mf* There is no wrong way — to re-mem-ber the

A *mf* There is no wrong way — to re-mem-ber the

T *mf* There is no wrong way

B *mf* There is no wrong way

p

53

For perusal purposes only. Do not copy.

S *f* grace of your own bod - y; no choice that can un -

A *f* grace of your own bod - y; no choice that can un -

T *f* your bod - y; no choice that can un -

B *f* your bod - y; no choice that can un -

f

rit.

Tempo I ♩ = 56

55

S make it - self. There is on-ly now, here, look:

A make it - self. There is on-ly now, here, look:

T make it - self. There is on-ly now, here, look:

B make it - self. There is on-ly now, here, look:

mf mp p

Graphite notable. elevated.

rit.

mp

58

S you are al-read-y for - giv - en.

A you are al-read-y for - giv - en.

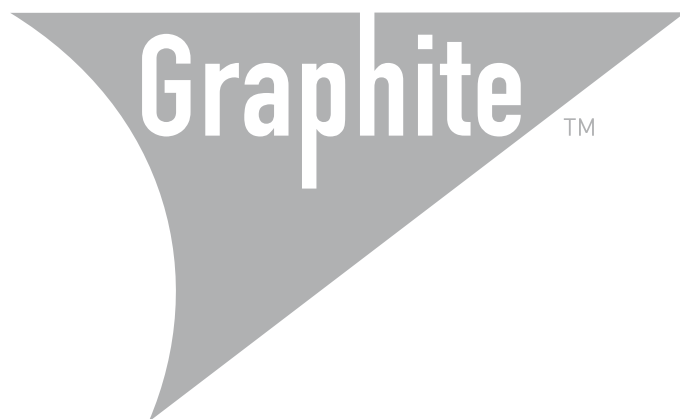
T you are al-read-y for - giv - en.

B you are al-read-y for - giv - en.

mp mp p mp pp

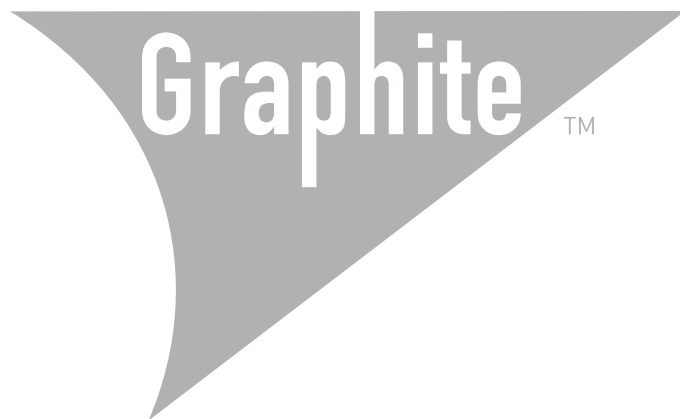
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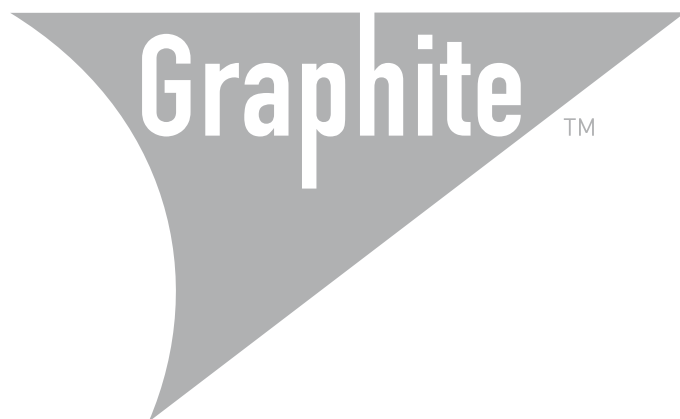
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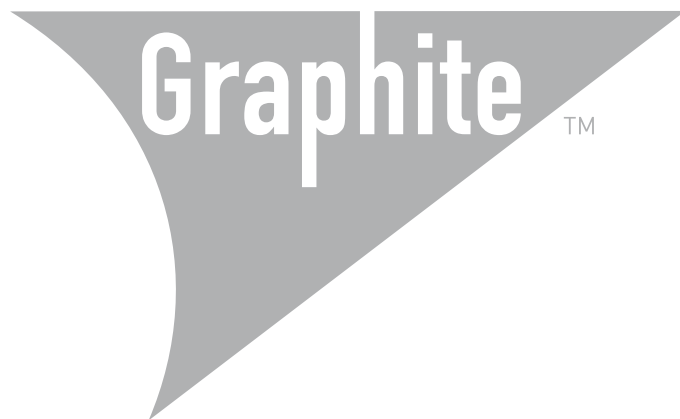
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Timothy C. Takach

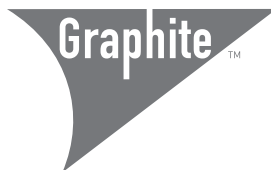


Reviewed as “gorgeous” (Washington Post) and “stunning” (Lawrence Journal-World), the music of Timothy C. Takach has risen fast in the concert world. Applauded for his melodic lines and rich, intriguing harmonies, Takach has received commissions from various organizations including the the St. Paul Chamber Orchestra, St. Olaf Band, Cantus, Pavia Winds, Lorelei Ensemble, VocalEssence, the DeBartolo Performing Arts Center, The Rose Ensemble, and numerous high school and university choirs. His compositions have been performed on A Prairie Home Companion, The Boston Pops holiday tour, and at venues including the Library of Congress, Kennedy Center and Royal Opera House Muscat. Takach has received grants from the American Composers Forum, Meet the Composer, Minnesota State Arts Board, Metropolitan Regional Arts Council, and ASCAP. He is a co-creator of the theatrical production of *All is Calm: the Christmas Truce of 1914*, by Peter Rothstein. The critically adored show has had over 100 performances since its premiere in 2006. He was also selected for the 2014 Nautilus Music-Theater Composer-Librettist Studio.

Takach studied music composition at St. Olaf College, Northfield, MN, where he graduated with honors. He has frequent work as a composer-in-residence, presenter, clinician and lecturer for conventions, schools and organizations across the country. He is a full-time composer and lives in Minneapolis with his wife and two sons.

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Paul John Rudoj	GP - R013	Gamaya	SATB, opt. djembe
Paul John Rudoj	GP - R014	Stillness and the Night	SATB, a cappella
Joshua Shank	GP - S001	Color Madrigals (6 movement cycle)	SATB, a cappella
Timothy C. Takach	GP - T001	'Twas in the Moon of Wintertime	SATB, a cappella
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Takach and Hagen	GP - T016	This is How You Love (multi-movement)	SATB, a cappella
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Dale Warland	GP - W003	Sed Amore (But by Love)	SATB (div), piano



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