



CANTUS + CANTUS

in concert



02 APRIL 2023
MINNESOTA, USA





If you've ever heard of a little film called *Frozen* then you'll be familiar with the renowned Norwegian women's choir 'Cantus'. In fact, for many of us who have sung in the American Cantus, one of the most frequently asked questions we receive after sharing the name of our employer is "Oh wow, so you were on the *Frozen* soundtrack!?"

Then we have to explain that no, we're not that Cantus, we're the other Cantus. Inevitably, there's visible deflation and disappointment and a response of "oh... ok, so tell me what your choir has done again?"

In truth, there has always been a special connection between Minnesota and Norway. For Cantus, we were born out of the Norwegian Lutheran choral tradition and thank the camaraderie and love of singing of those first undergrads at St. Olaf for beginning the journey that we're still on today.

For me personally, as a descendant of Norwegian immigrants, I have a special excitement around this collaboration. I remember a trip to Norway around the age of 12 with my family and visiting the farms where our family had originated back in the 19th century. I have vivid memories of attending 'Skogfjorden,' a Norwegian language village near Bemidji, Minnesota with my three older siblings. My most salient memory of that time was my acute homesickness, but it sparked something for my older sister Anna who was inspired to attend folkehøgskole – folk highschool – in Norway in a gap year before college where she met her future husband. Now I'm the proud uncle to three Norwegian-American nephews and niece, and I've begun my own journey to learn to speak the lilting language of my ancestors.

For me, there's something magical in the way composition and word come together in Norwegian music. It has a unique and irresistible character, especially when performed by those expert in its language and history.

This afternoon we will share folk music from a variety of traditions – with special attention to the music of Norway – and we can't imagine more compelling guides for tonight's musical journey than Tove Ramlo-Ystad and Cantus *damekor*!

All of us here at the American Cantus want to thank Tove and Cantus Norway for sharing their generosity of spirit and their incredible music with us. We hope you enjoy an unforgettable afternoon of music-making.

Paul Scholtz
Tenor

vision
Cantus gives voice to
shared human experiences.

mission

Cantus engages audiences in a meaningful music experience and ensures the future of ensemble singing by mentoring young singers and educators.

Cantus was founded on the ideals of collaborative music-making: artists and staff work together to reach new levels of artistic excellence, innovation, and audience engagement.



ADMINISTRATIVE STAFF

Joseph Heitz

Executive Director

Zachary Colby

Development Manager

Anne Today

Concert and Operations Manager

ARTISTIC COUNCIL

Jacob Christopher, *Tenor*

Graphic Design

Rod Kelly Hines, *Baritone*

Tour Manager

Paul Scholtz, *Tenor*

Communications

BOARD OF DIRECTORS

Brian Newhouse, *Chair*

Associate Vice President of Individual Giving, Minnesota Orchestra

Theresa Gienapp, *Vice Chair*

Director of Planned Giving, Macalester College

David Niles, *Treasurer*

Vice President, Avant Energy

Sandra Davis

Chair and Founder, MDA Leadership Consulting

PaviElle French

Artist; Equity, Youth Outreach & Operations Coordinator, AIA Minnesota

Nancy Gaschott

Consultant to Nonprofit Leaders

Laurie Meyers

Vocal Music Teacher, South High School

Alexander Nishibun

Tenor, Cantus

Frank Stubbs

Non-Profit Executive (retired)

Kim Hollingsworth Taylor

Founder and CEO, Clearly Present Foundation

Barbara Thomas

Senior Program Manager, IT Mergers and Acquisitions, Medtronic

Jeremy Wong

Baritone, Cantus

CANTUS USA

The “engaging” (*New Yorker*) low-voice ensemble Cantus is widely known for its trademark warmth and blend, innovative programming and riveting performances of music ranging from the Renaissance to the 21st century. The *Washington Post* has hailed the Cantus sound as having both “exalting finesse” and “expressive power” and refers to the “spontaneous grace” of its music making. The *Philadelphia Inquirer* called the group nothing short of “exquisite.”

As one of the nation’s few full-time vocal ensembles, Cantus has come to prominence with its distinctive approach to creating music. Working without a conductor, the members of Cantus rehearse and perform as chamber musicians, each contributing to the entirety of the artistic process, creating programs that give voice to shared human experiences. As the *Star Tribune* has written, “The main hallmark of the Cantus sound has always been sheer quality and an unbroken belief in the special way that vocal music has of warming and invigorating the human spirit.”

Committed to the expansion of the vocal music repertoire, Cantus actively commissions new music and seeks to unearth rarely performed repertoire for low voices.

Integral to the Cantus mission is its commitment to preserve and deepen music education in the schools. Cantus works with more than 5,000 students each year in masterclass and workshop settings across the country and has visited 31 Minnesota high schools throughout the 14-year history of its award-winning High School Residency program. Cantus also presents a Young & Emerging Composers’ Competition, to encourage the creation of new repertoire through cash prizes, a performance, recording and potential publication of winning compositions.

MEET THE ARTISTS



SAMUEL BOHLANDER-GREEN
BASS | PRODUCTION
MEMBER SINCE: 2013



ALEXANDER NISHIBUN
TENOR | PROGRAMMING
MEMBER SINCE: 2019



JACOB CHRISTOPHER
TENOR | GRAPHIC DESIGN
MEMBER SINCE: 2016



PAUL SCHOLTZ
TENOR | COMMUNICATIONS
MEMBER SINCE: 2015



CHRIS FOSS
BASS | STAFF COMPOSER
MEMBER SINCE: 2008



MATTHEW SHORTEN
TENOR | MUSIC & MEDIA
LIBRARIAN
MEMBER SINCE: 2022



ROD KELLY HINES
BARITONE | TOUR MANAGER
MEMBER SINCE: 2021



JEREMY WONG
BARITONE | EDUCATION
OUTREACH COORDINATOR
MEMBER SINCE: 2021

CANTUS NORWAY

Cantus is a female choir from Norway, who sings with a classical and traditional Norwegian folk style. When established in 1986, the choir welcomed Tove Ramlo-Ystad, who, to this day, holds the position as the choir’s artistic director and conductor.

They show their high artistic level through concerts, world-premiere commissions, and 9 CD releases. Their newest album, *Yggdrasil*, was written for Cantus by composers from all over the world and was released to critical acclaim in January of 2023. Internationally, Cantus is known for their outstanding performances in choral competitions in South Africa (2018), Spain (2015), South-Korea (2012) and Guangzhou, China (2012), to mention a few.

In 2013, Cantus sang the opening song “Vuelie” in Disney’s animated film *Frozen*, which became a huge hit internationally. Furthermore, their voices are also heard in *Frozen 2*, in which its soundtrack album was certified triple platinum. Cantus is ranked amongst the world’s best women’s choirs by INTERKULTUR.



www.cantus.no



TOVE RAMLO-YSTAD

Tove Ramlo-Ystad (1959) is educated as a singer and conductor with a Masters Degree from the Norwegian University of Science and Technology in Trondheim. Her teachers and mentors in conducting have been Stefan Sköld, Anders Eby and Mogens Dahl.

Ramlo-Ystad has been Cantus’ conductor since the choir was founded in 1986. Over the years, the ensemble has received a lot of attention, won several competitions, and is known for their *nordic sound*. This sound was the reason Disney discovered Cantus and chose the group to sing in their much-beloved *Frozen* films.

Tove Ramlo-Ystad is Music Director of the Norwegian Choral Association, and is one of Norway’s most acknowledged choir conductors. She is frequently invited to adjudicate in international choir competitions.

SOPRANO 1

Karen Johanna Kviseth
Line Melting Hulbækdal
Karoline Sæthre
Andrine Bakken
Ida Eline Grande
Gunvor Holm

SOPRANO 2

Edith Marie Nævdal
Oda Sofie Engesbak
Sandra Aune

Tuva Bongard Munkeby

Astrid Bro Kolstø
Ingrid Persson Ranæs

ALTO 1

Kari Kulild Dragesund
Hanne Abelseth
Hege Wik
Marielle Allsted
Maren Solberg Thorhus
Kristine Sævig Frantzen

ALTO 2

Maisen Maria Kristvik Meyer
Maren Brodahl Erlien
Mona Therese Mikalsen
Elise Marielle Øverby
Alenka Behnen
Kassandra Wærnes
Karoline Marken Smenes

CANTUS & CANTUS

IN CONCERT

CANTUS & CANTUS

Vé no velkomne med æra
(Be Welcome With Honor)
Eva Holm Foosnæs

NORWAY

Hirtir *(Deer)*
Henning Sommerro

Tree Song
Anders Edenroth

Ratatoskr *(A Mythical Squirrel)*
Trygve Brøske

USA

Down in the River to Pray
Traditional American; arr. Cheryl Lynn Helm

The Green and Salty Days
Kathleen Allan

Canto a Eleggua *(Song to Eleggua)*
Anonymous, arr. Arlety Valdés & Yudelkis Lafuente

Deep River
Traditional Spiritual; arr. H.T. Burleigh

NORWAY

Maskedans *(Folk Dance)*
Øystein Rudi, arr. Håvard Gravdal

Solveigs Sang *(Solveig's Song)*
Edvard Grieg, arr. Eva Holm Foosnæs

Andrine Bakken, solo

Eg veit I himmerik ei borg
(I Know of a Heavenly Stronghold)
Norwegian Folktune, arr. Ragnar Rasmussen
Kari Kulild Dragesund, solo

USA

Five Songs by Edvard Grieg

Impromptu • **Bådn-låt** *(Children's Song)*

Springdans *(Spring Dance)* • **Halling** *(Folk Dance)*

Brothers, Sing On! *(arr. Howard D. McKinney)*

CANTUS & CANTUS

Ave Maris Stella *(Hail, Star of the Sea)*
Edvard Grieg

INTERMISSION

CANTUS & CANTUS

Vuelie *(Yoik)*
Frode Fjellheim & Christophe Beck

Bruremarsj *(Wedding March)*
Jan Magne Førde

Vise i vinterlys *(A Song in Winter Lights)*
Edil Monn-Iversen

Sov, sov liten gut *(Sleep, Little Boy)*
Frank Havrøy

NORWAY

Spes *(Hope)*
Mia Makaroff

USA

I Remember, I Believe
Bernice Johnson Reagon

CANTUS & CANTUS

Even When He Is Silent
Kim Andre Arnesen

VÉ NO VELKOMNE MED ÆRA (BE WELCOME WITH HONOR)

Eva Holm Foosnæs (b. 1983)

Vé no velkomne!

Vé no velkomne, með æra.

Her skal me sitjande væra.

Sitja i Guds fred, våre grannar tre.

Be welcome!

Be welcome, with honor.

Here I shall be seated.

Rest in God's peace, our neighbors three.

HIRTIR (DEER)

Music by Henning Sommerro (b. 1952)

Text from the 13th century poem "Grimnismál" (from *The Elder Edda*)

In Norse mythology, four stags eat among the branches of the World Tree Yggdrasil: Dáinn, Dvalinn, Duneyrr, and Duraprór.

Hirtir ero ok fiórir,

þeirs af hæfingar á

gaghálsir gnaga:

Dáinn ok Dvalinn,

Duneyrr ok Duraprór.

Also four stags there are—

Dâin and Dvalin,

Duneyr and Durathrór

Who, twisting their necks,

gnaw the boughs of the ash.

TREE SONG

Anders Edenroth (b. 1963)

With your arms of wood you embrace our world,

our future, our present, our past.

Blossoms may flourish on evergreen fingers.

Show us the state of the Earth.

Heaven's jewel heats your crown, brings both light and life.

Tears of clouds will cool and nourish.

Water fills your wells.

A song of praise we're singing.

Sound is all around us.

Honour life by living loyal to plants and planet.

A hymn of hope I'm humming.

Hear my plea, my tree song.

Join my caring choir.

Secure the fate of nature.

Many rings in your chronicle are coloured in coal

by weather of weapons and greed.

Rulers and liars turn riches to ruin,
profit from forests on fire.

Minds will form, hearts will shape the warp and weft of time.

Weave me a future, a fabric of harmony.

Leave me a leaflet of life.

A song of praise we're singing.

Sound is all around us.

Honour life by living loyal to plants and planet.

And like a wind of wisdom we shall sing our tree song.

Sound will soar up high and ensure the fate of nature.

We cure and save our tree

RATATOSKR (A MYTHICAL SQUIRREL)

Music by Trygve Brøske (b. 1973)

Text by Alice Major (b. 1949)

Ratatoskr, squirrel, scurries up and down the ash tree,
his world-axis, Yggdrasil, heaven-wheel, winding spindle,
one tree that transects the cosmos.

His scold-chatter carries gossip and earthworm insults
up to the raven that alights, folds wings like a wet umbrella,
black at the topmost branch.

This ash tree in my garden grown big and bigger –
decades of girth-gain.

The crotch I once reached on tiptoe,

rescuing the cat, now is far above my head.

The cat departed, a carton of ashes among the worms,
wrapped by tree roots.

Earthworms not native here –

scrubbed from the landscape ice ages ago.

But now inching back, rubber-bodied tubes, agents of transmutation.

Ratatoskr scrambles, Raven unfolds wings,

the worms chew through leaf – litter and ashes.

The ash tree ever grows outward.

DOWN IN THE RIVER TO PRAY

Traditional American, arr. Cheryl Lynn Helm (b. 1957)

As I went down in the river to pray,
studying about that good old way,
and who shall wear the starry crown,
Good Lord, show me the way.

O sisters, let's go down,
let's go down, come on down.
O sisters, let's go down,
down in the river to pray.

CONTINUED ON THE NEXT PAGE...

O brothers, let's go down,
let's go down, come on down.
O brothers, let's go down,
down in the river to pray.

O fathers, let's go down,
let's go down now, come on down.
O fathers, let's go down,
down in the river to pray.

O mothers, let's go down,
let's go down, don't you want to come down?
Come on mothers, let's go down,
go down in the river to pray.

O sinners, let's go down,
let's go down, don't you want to come down?
Come on mothers, let's go down,
go down in the river to pray.

As I went down in the river to pray,
studying about that good old way,
and who shall wear the starry crown,
Good Lord, show me the way.

THE GREEN AND SALTY DAYS

Music by Kathleen Allan (b. 1989)
Text by Al Pitman (1940-2001)

We came ashore where wildflower hills tilted to the tide
and walked sad and gay among the turnip cellars
tripping over the cremated foundations of long-ago homes
half buried in the long years' grass

Almost reverently we walked among the rocks of the holy church
and worshipped roses in the dead yard
and came again to the cove
as they did after rosary in the green and salty days

And men offshore hauling traps wondered what ghosts we were
walking with the forgotten sheep over the thigh-high grass paths
that led like trap doors to a past they could hardly recall.

CANTO A ELEGGUA (SONG TO ELEGGUA)

Anonymous, arr. Arlety Valdés & Yudelkis Lafuente

*Bara Aloyure soke wodda
Omo Ya lawana Mama Keni Irawo o e e.
Bara Suwayo o
E ke e e
Esu Odara a
Ashe Moyugba Orisha Moyugba oh
Ashe Moyugba Orisha Moyugba Ile
Ashe Moyugba Orisha Eleggua Ile Sokere e
Ashe Moyugba Orisha Eleggua a Eke e e e.*

Bara Láaróyè, let our sacrifice be accepted
We are your children, don't be the last of the initiates.
Bara, lead!
(You all) chant it
Èsù Òdàrà

So shall it be, I pay homage to the deity
I pay homage to the deity, to the earth
I pay homage to the deity Elégbàrà, to the earth
I pay homage to the deity Elégbàrà, (you all) chant it!

Translation and comments by Dr. Samuel Akinbo with assistance from Ògbéni Nathan Lugo, an Ifa priest trained in Nigeria. Lugo is also knowledgeable in diaspora practices based on Ìsèse tradition. (He presently practices as an Ifa priest in the USA). Any errors of fact and translation are from me (Dr. Samuel Akinbo).

DEEP RIVER

Traditional Spiritual, arr. H.T. Burleigh (1866-1949)

Deep river, my home is over Jordan.
Deep river, Lord, I want to cross over into campground.
Oh, don't you want to go to that gospel feast?
That promised land, where all is peace?
Deep river, Lord, I want to cross over into campground.

MASKEDANS (FOLK DANCE)

Music by Øystein Rudi (b. 1969), arr. Håvard Gravdal (b. 1973)

The original song was made for playing instruments, but Håvard Gravdal has arranged it for us to sing! It is a special title, but it is easy to understand "dans" = "dance"

SOLVEIGS SANG (SOLVEIG'S SONG)

Music by Edvard Grieg (1843-1907), arr. Eva Holm Foosnæs
Text by Henrik Ibsen (1828-1906)

*Kanske vil der gå både Vinter og Vår,
og neste Sommer med, og det hele År,
men engang vil du komme, det ved jeg vist,
og jeg skal nok vente, for det lofte jeg sidst.*

*Gud styrke dig, hvor du i Verden går,
Gud glæde dig, hvis du for hans Fodskam mel står.
Her skal jeg vente til du kommer igjen;
og venter du hist oppe, vi træffes der, min Ven!*

The winter may pass and the spring disappear,
the summer too will vanish and then the year.
But this I know for certain: thou'lt come back again;
And e'en as I promised, thou'lt find me waiting then.

God help thee, when wand'ring thy way all alone,
God grant thee his strength as thou kneel'st at his throne.
If thou now art waiting in heav'n for me,
O there we'll meet again love and never parted be!

EG VEIT I HIMMERIK EI BORG**(I KNOW OF A HEAVENLY STRONGHOLD)**

Norwegian Folktune, arr. Ragnar Rasmussen (b. 1966)

*Eg veit i himmerik ei borg
ho skin som soli klåre
der er kje synder eller sorg
der er ei gråt og tåre*

*Der inne bur Gud eigen son
i herlegdom og æra,
han er mi trøyst og trygge von,
hjá honom eg skal vera*

*Eg med mitt blod deg dyrt hev løyst
Og fram for deg vil treda
Eg giv ditt hjarta mod og trøyst
Og vender sorg til gleda*

*So hjelp oss du, vår Herre Krist,
ditt blod for oss har runne:
Din beiske død har sant og visst
oss himmelriket vunne.*

*Me takkar deg til evig tid,
Vår Herre, alle saman,
for du er oss so mild og blid
i Jesus Kristus! Amen.*

I know of a heavenly stronghold
shining as bright as the sun;
there are neither sin nor sorrow
and never a tear is shed.

There lives God's own son
in majesty and honor,
he is my comfort and hope,
with him I shall be.

I redeemed you with my blood
and before you will walk
I will give your heart courage
and turn your sorrows to joy.

So, help us, our Lord Christ
your blood for us has flowed
Your bitter death is true and
surely the kingdom of heaven is won.

We thank you for eternity
God the Father, one in three.
For you are gentle and mild to us
in Jesus Christ! Amen.

IMPROMPTU

Music by Edvard Grieg

Text by Bjørnstjerne Bjørnson (1832-1910)

*Norske toner følger os, hvor langt vi drage,
flytter os hver stund tilbage,
spejler minner, kogler voner.*

*Norske toner, som af hav den salte luft,
som af eng den, friske duft samlet
sangen sig og steg op af folkets kamp og leg.*

*Fra den hele toneskare,
sendes hilsen hjertelig nu ved Bjørnson og ved Grieg.*

Giv den vinger, lad den fare!

Norwegian tones follow us no matter how far we travel,
bring us back at every moment,
reflect the memories, conjur hopes.

Norwegian tones, just as from the sea the salt air came,
just as from the meadow, the fresh perfume,
sang and rose up out of the people's struggle and play.

From the whole collection of tones,
a hearty greeting is now sent by Bjørnson and by Grieg.

Give it wings, let it travel!

BADN-LAT (CHILDREN'S SONG)

Edvard Grieg

*Brumbraskön i Bumba,
Katten slær uppå Trumma,
o firö Mysa dei gå i Dans,
so heilö Jore ho dundra.*

*Katta sat uppå Take,
Tala te sine Dötta,
Kor sko me o Vetén vera,
me frjösö på vore Föta*

*Me sko rejsö te Danemark
o kjöpö Sko för ei heilö Mark,
Trine, trine, trine, tirine
trine Pepar o Ködn.*

Fee-fy-fo-fum,
The cat is beating on the drum
and four gay mice are wildly dancing
until the whole earth is quaking.

Upon the roof the cat is sitting,
And to her daughters gravely speaking

CONTINUED ON THE NEXT PAGE...

“When winter comes where shall we find shelter?
It is cold and our feet will freeze.”

We shall travel down to Denmark
and buy some shoes for a whole guinea.
Roly-poly-roly-poly
Roly-poly pepper and wheat.

SPRINGDANS (SPRING DANCE)

Edvard Grieg

*Går e ut ein Kveld,
finnö e ein Ven,
jaddö har e Lyst te drikkö e,
drikkö e me full,
trilla e i Köll,
jaddö får e Löv te liggji lell.*

Going out in the evening,
looking for some company.
Then I have a mind for drink.
I will drink my fill
and lose my footing
and still be welcome.

HALLING (NORWEGIAN FOLK DANCE)

Edvard Grieg

“suttam surlite du “
Ha du 'kji hoppa
so hoppa du væl no:
Vöre du 'kji galin
so flaug du 'kji so.

“Round and round”
If you have never danced before
you surely do so now;
In such a mad whirl you would never engage
Unless you were mad with joy!

BROTHERS, SING ON!

Music by Edvard Grieg, arr. Howard D. McKinney (1889-1980)
Adapted text by Herbert Dalmas (1902-1989)

Come and let our swelling song
Mount like the whirling wind,
As it meets our singing throng,
So blithe of heart and mind.
Care and sorrow now be gone,
Brothers in song, sing on!
Brothers, sing on, sing on!

Youth is a wand'ring troubadour,
Sailing the singing breeze,
 Wooing a maid on a distant shore,
Over the tossing seas;
Steering by the stars above,
His vessel a song of love.
Brothers, sing on, sing on!

Errant minstrels, thus we greet you,
List to our voices strong,
With glad and open hearts we meet you
In our festival of song.
Care and sorrow now be gone,
Brothers in song, sing on!

AVE MARIS STELLA (HAIL, STAR OF THE SEA)

Edvard Grieg

*Ave, maris stella,
Dei mater alma,
atque semper virgo,
Felix cæli porta.*

*Solve vincla reis,
profer lumen cæcis,
mala nostra pelle,
bona cuncta posce.*

*Vitam præsta puram,
iter para tutum,
ut videntes Jesum
semper collætémur.*

*Sit laus Deo Patri,
summo Christo decus,
Spiritu Sancto
tribus honor unus. Amen.*

Hail, star of the sea,
Nurturing Mother of God,
And ever Virgin
Happy gate of Heaven
Loosen the chains of the guilty,
Send forth light to the blind,
Our evil do thou dispel,
Entreat (for us) all good things.

Bestow a pure life,
Prepare a safe way:
That seeing Jesus,
We may ever rejoice.

Praise be to God the Father,
To the Most High Christ (be) glory,
To the Holy Spirit
(Be) honor, to the Three equally. Amen.

VUELIE (YOIK)

Music by Frode Fjellheim (b. 1959) & Christophe Beck (b. 1972)

A yoik is both a type of Sámi song, and a unique vocal style used to perform this (often referred to as “chanting”). This arrangement was famously performed in Disney’s Frozen by the Norwegian women’s choir, Cantus.

BRUREMARSJ (WEDDING MARCH)

Music by Jan Magne Førde (b. 1962)

Adapted for voice by Tove Ramlo-Ystad (b. 1959)

WISE I VINTERLYS (A SONG IN WINTER LIGHTS)

Music and text by Erik Bye (1926-2004),
arr. Egil Monn-Iversen (1928-2017)

*I vinterlyset når fjorden sover
og puster skodde mot landets hus
og fromme graner går bøyd til kirke
som bleke søstre i nonneskrud...*

*I vinterlyset når fjellet løfter
en rimet panne mot solens spill
og Nordavinden har hvite fingre
som stryker strenger av is og ild...*

*Da tenner mennesket offerflammer
langt, langt der inne bak fonn og føyk
og reiser spinkle små Jacobstiger
til værs som tråder av spunnen røyk.*

*Men aldri var dine øyne blanke
som nå, og aldri din munn så rød.
Og aldri brente ditt sinn imot meg,
så varmt og nakent som blod i snø.*

*Og mine hender når dine hender,
din ånde gløder imot mitt kinn.
I vinterlyset når jorden skjelver
da er du inderlig mere min.*

In the winter light when the fjord sleeps
and breathes shod against the country’s house
and pious firs go bowed to church
like pale sisters in nuns’ robes...

In the winter light when the mountain lifts
a frosted forehead against the play of the sun
and the North Wind has white fingers
that iron strings of ice and fire...

Then man lights sacrificial flames
far, far in there behind fonn and føyk
and travel flimsy little Jacob’s Ladders
into the air like threads of spun smoke.

But never were your eyes blank
like now, and never your mouth so red.
And never burned your mind against me,
as hot and naked as blood in snow, like threads of spun smoke.

And my hands reach your hands,
your breath glows against my cheek.
In the winter light when the earth trembles
then you are truly more mine.

SOV, SOV, LITEN GUT (SLEEP, LITTLE BOY)

Folk tune, arr. Frank Havrøy (1926-2004)

*Sov, sov liten gut,
Sola skin i høgste nut
Enno ligge kydna*

*Sov, sov liti taus
Soli skin i Espehaug
Enno ligge kydna*

Sleep little boy.
The sun has not yet risen.
The cows are still asleep.

Sleep, little girl.
The sun has not yet risen.
The cows are still asleep.

SPES (HOPE)

Music by Mia Makaroff (b. 1970)

Text by Nils-Aslak Valkeapää (1943-2001) / Ecclesiastes 8:1, 8

*Quis talis, ut sapiens est? Et quis cognovit solutionem re rum?
Non est in hominis potestate dominari super spiritum
nec cohibere spiritum,
nec habet potestatem supra diem mortis.*

*Biekka oap mi lean muhto liikká ealán ja dat lea vissa eallima
darkkuhus. Ealán odne dál ja das ja just dat lea madoheap me de in ea
li sat ihttin nu ja máid dasto*

Who can be called wise? Who knows the resolution of things?
Wisdom makes a man shine and changes the coldness of his face.
A man is not the lord of the wind, he can’t stop it,
as no one can control the time of his own death.

I belong to the wind — but I live — and this seems to be the intention
of life — Today I live — here and now — and if that is too much I won’t
be alive tomorrow — That is the way and so what.

I REMEMBER, I BELIEVE

Music and text by **Bernice Johnson Reagon (b. 1942)**

I don't know how my mother walked her trouble down.
I don't know how my father stood his ground.
I don't know how my people survived slavery.
I do remember; that's why I believe.

I don't know why the rivers overflow their banks.
I don't know why the snow falls and covers the ground.
I don't know why the hurricane sweeps through the land ev'ry now
and then.
Standing in the rainstorm, I believe.

I don't know why angels woke me up this morning soon.
I don't know why the blood still runs through my veins.
I don't know how I rate to run another day.
I am here still runnin', I believe.

My God calls to me in the morning dew.
The power of the universe knows my name.
It gave me a song to sing and sent me on my way.
I raise my voice for justice.
I believe.

EVEN WHEN HE IS SILENT

Music by **Kim Andre Arnesen (b. 1980)**
Text **Anonymous**

The text was found scratched onto a wall at a concentration camp in Cologne, Germany after World War II.

I believe in the sun, even when it's not shining.
I believe in love, even when I feel it not.
I believe in God, even when He is silent.

WE WOULD LOVE YOUR FEEDBACK ON THIS CONCERT.

To complete a brief survey visit the link below, scan the QR code or email us at info@cantussings.org.



www.surveymonkey.com/r/CantusAndCantus

KEEPING CANTUS VITAL

The artists, staff, and board of directors of Cantus thank you for your support of Cantus in the past year. Your contributions ensure that we continue to provide artistic and educational enrichment to our community. We value your encouragement of Cantus and wish to thank, in particular, our donors to the Cantus Annual Fund for the fiscal year ending July 31, 2022. Cantus strives for accuracy in its donor listings. If your name is listed incorrectly, please contact Zachary Colby at zcolby@cantussings.org.

This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund.



A complete list of Cantus donors can be found on our website at cantussings.org/donors and by scanning the following QR code.



WILL YOU HELP KEEP CANTUS SINGING?

Through the generous support from our donors, the eight full-time musicians of Cantus provide innovative world-class music, meaningful educational and engagement residencies, and increased access to in-person and online concerts through pay-what-you-can tickets.

Thank you for considering making a contribution to ensure the future of this work. You may scan the QR code below, donate online, or by calling (612) 435-0046, ext. 3.



cantussings.org/how-to-give

IT'S BAAAACK!



CANTUS
idol

Dubbed the most fun fundraiser in town, Cantus Idol returns on May 8, 2023, at the newly renovated Metropolitan Ballroom in Golden Valley. This perennially popular event raises funds for Cantus' artistic and education initiatives. Join us for dinner, drinks, and unforgettable performances — and vote on who will take home the crown at the first in-person Idol since 2019!

MONDAY, MAY 8 ■ METROPOLITAN BALLROOM

cantussings.org/idol

Scan for tickets



JUST MY IMAGINATION

A **MOTOWN** COVERS!

cantussings.org/covers23

Scan Me!



**Start your summer with this feel-good, jukebox journey
through Motown's greatest hits!**

JUNE 2-10 • THE LUMINARY ARTS CENTER

IN-PERSON or ONLINE