

for Eleanor Rastall and Palace Acappella

Resilience

Music and Lyrics
Joseph Atkins

Steady ballad ♩ = c.66

Solo / Small Group*: *p*

This system of music includes a vocal line and a piano accompaniment. The vocal line begins with a rest for two measures, followed by the lyrics "This road we're trav - 'ling". The piano accompaniment consists of a right-hand part with chords and a left-hand part with a steady eighth-note bass line. The key signature is one sharp (F#) and the time signature is 4/4.

This system of music includes a vocal line and a piano accompaniment. The vocal line starts at measure 4 with the lyrics "is - n't paved with gold Our world un - rav - 'ling Our lives on hold". The piano accompaniment continues with the same eighth-note bass line and chordal accompaniment as the first system.

This system of music includes a vocal line and a piano accompaniment. The vocal line starts at measure 7 with the lyrics "You can't re - build a per - son o - ver - night". The piano accompaniment continues with the same eighth-note bass line and chordal accompaniment as the previous systems.

* If preferred, the entire verse can be taken by one soloist or group, or sung by the entire chorus.

Full Chorus (Sopranos/Altos 1&2):

rp

9

Try to keep those mo - dest goals in _____ sight Brace your self _____ For the

Full Chorus (Baritone): *rp*

Try to keep those mo - dest goals in _____ sight Brace your self _____ For the

+ bass / drums *rp*

12

times are grey Pace your self _____ And you'll find your way. Re-

times are grey Pace your self _____ And you'll find your way. Re-

15 *mp*

mp sil - ience does - n't re - quire _____ Brill - iance Sim - ply a - spire _____

mp sil - ience does - n't re - quire _____ Brill - iance Sim - ply a - spire _____

mp

17

To mud-dle through day by ___ day ___ by ___ day ___

To mud-dle through day by ___ day ___ by ___ day ___

20

mp So you've lost con trol _____ of the life you knew Work can take a toll _____

mp So you've lost con trol _____ of the life you knew Work can take a toll _____

mp

23

— when you're feel - ing blue No - one de - serves to feel _ they're se - cond rate

— when you're feel - ing blue No - one de - serves to feel _ they're se - cond rate

26 *mf* Free your self_ From the

In a world de-based by need - less hate Free your self_

mf

In a world de-based by need - less hate_ Free your self_ From the

29 end - less din Be your-self_ Or the scound-rels win! *f*

From the end less din Be your-self_ Or the scound - rels win! Re

f

end - less din Be your-self_ Or the scound-rels win! Re

32 To mud-dle through_

sil - ience does-n't re quire_ Brill - iance Sim- ply a- spire_ To mud dle through day by_

sil - ience does-n't re quire_ Brill - iance Sim- ply a- spire_ To mud-dle through day by_

35 *p cresc. poco a poco*

day by day

day by day

It's O K to ask for help_ If you

p cresc. poco a poco

day by day

It's O K to ask for help_ If you

p cresc. poco a poco

38

find you can-not cope It takes com-mu-ni-ty_ To nur-ture seeds of hope_ Re-

find you can-not cope It takes com-mu-ni-ty_ To nur-ture seeds of hope_ Re-

41 *f passionately*

new your self_ With a friend or two_ View your self_ As your

f passionately

new your self_ With a friend or two_ View your self_ As your

f passionately

44 loved ones do
 loved ones do Re sil - ience does-n't re quire... Brill - iance *ff* If we a - spire...
 loved ones do Re sil - ience does-n't re quire... Brill - iance *ff* If we a - spire...
 loved ones do Re sil - ience does-n't re quire... Brill - iance *ff* If we a - spire...

47 To mud-dle through day by day by day
 To mud-dle through day by day by day
 To mud-dle through day by day by day

poco rall. *p*

50 1st solo / small group: free tempo *p* 2nd solo / small group:
 We'll re - co - ver our in - ner steel... Dis - co - ver that we can heal...
 We'll re - co - ver our in - ner steel... Dis - co - ver that we can heal...
 We'll re - co - ver our in - ner steel... Dis - co - ver that we can heal...

52 **Full chorus: *mf*** **tempo 1** *p dolce* S/A1: Re - si - - -

And to - ge - ther find we've real re - si - - - li - ence_

Full chorus: *mf* *p dolce* A2/B:

And to - ge - ther find we've real re - si - - - li - ence_

mf *p dolce* *I.v.*

54 li - ence re - si - - -

Re - si - - - li - ence_

Re - si - - - li - ence_

rall.

56 li - ence Re - si - li - ence_

Re - si - - - li - ence_

Re - si - - - li - ence_