

Tuba

Cassie Kinoshi

the colour of all things constant

for orchestra and SATB choir

2024

Kindness

– that silent friend who listens

before pulling you away.

A portal the colour of all things constant –

grass, sky, sunshine.

All things good:

trees, rain, ocean.

with nothing but fingertips.

That act of magic, holds us together

in these times of rains that have not come.
Ask the cracked land how kindness sounds

In this drought of empathy,

kindness emerges, crystal clear.

In the solidarity of a protest march,

the gentle touch in a strangers' eyes.

Kindness – a bridge across chasms,

for the land that holds you each day.

Thread of light, winking through chaos.

Belinda Zhawi (MA. MOYO)

2024

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as commissioned by the BBC, ABRSM and Music For Youth

Cassie Kinoshi (2024)

Words by Belinda Zhawi

Ten Pieces arr. Sarah Freestone

ethereal, powerful, lost in thought ♩ = 95

Musical staff 1: Bass clef, 4/4 time signature. Starts with a forte (*f*) dynamic. The first measure contains a half note G₂, followed by a half note G₂ in the second measure. The third measure is a quarter rest, and the fourth measure is a half note G₂. The fifth measure contains a half note G₂, and the sixth measure is a quarter rest.

6 (No accent)

Musical staff 2: Bass clef, 3/4 time signature. Starts with a half note G₂, followed by a quarter rest. The second measure is a half note G₂, followed by a quarter rest. The third measure is a half note G₂, followed by a quarter rest. The fourth measure is a half note G₂, followed by a quarter rest.

A a quieting of the mind

11

stagger breathing if nec.

Musical staff 3: Bass clef, 4/4 time signature. Starts with a mezzo-forte (*mf*) dynamic. The first measure contains a half note G₂, followed by a half note G₂ in the second measure. The third measure is a half note G₂, followed by a half note G₂ in the fourth measure. The fifth measure is a half note G₂, followed by a quarter rest. The sixth measure is a half note G₂, followed by a quarter rest.

16

stagger breathing if nec.

B

20

Musical staff 4: Bass clef, 2/4 time signature. Starts with a half note G₂, followed by a quarter rest. The second measure is a half note G₂, followed by a quarter rest. The third measure is a half note G₂, followed by a quarter rest. The staff then continues with a solid black bar for 20 measures.

39 **C**

3

4

D

12

Musical staff 5: Bass clef. The first measure is a solid black bar for 3 measures. The second measure is a quarter rest. The third measure is a solid black bar for 4 measures. The staff then continues with a solid black bar for 12 measures.

59 **E**

2

Musical staff 6: Bass clef, 2/4 time signature. Starts with a solid black bar for 2 measures. The second measure is a quarter rest. The third measure is a half note G₂, followed by a half note G₂ in the fourth measure. The fifth measure is a half note G₂, followed by a quarter rest. The sixth measure is a half note G₂, followed by a quarter rest.

66 stagger breathing if nec. F 22

92 G 9 6

mf

110 H 5 I

f

119

124 stagger breathing if nec. rit. 4 G.P.

132 J full of hope, reaching ♩ = 75 14 2

mp

151

p *pp* *ppp*