

# ONE SMALL STEP

A MUSICAL JOURNEY  
THROUGH THE COSMOS

TAITH GERDDOROL  
DRWY'R GALAETH

RESOURCES BY | ADNODDAU GAN  
JOHN BARBER  
AND HAZEL GOULD



A MID WALES MUSIC TRUST PRODUCTION WITH SINFONIA CYMRU

CYNHYRCHIAD YMDDIRIEDOLAETH CERDDORIAETH CANOLBARTH CYMRU GYDA SINFONIA CYMRU

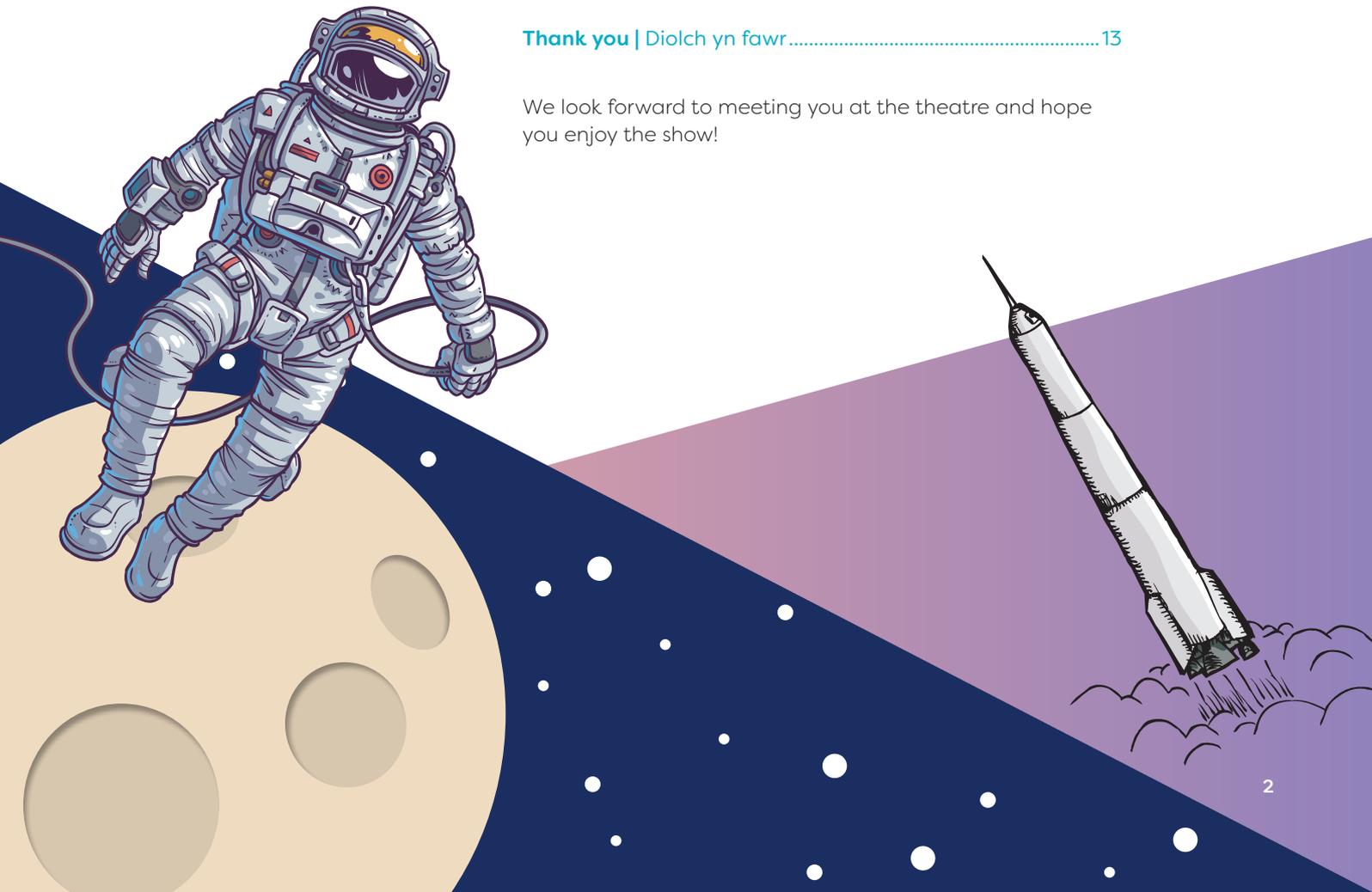
## WELCOME | CROESO

50 years ago this year, Neil Armstrong became the first human being to set foot on the moon. To celebrate the anniversary of this amazing event, we have put together a performance all about space, the cosmos and the great beyond – and we need your help!

Everyone who comes along to ‘One Small Step’ is going to be joining in and some of the classes will even be writing and performing their own songs on the stage. This short pack is intended to help you get your class ready for the concert. It also provides a few suggestions on how you can explore the music in the concert further. You will find:

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We look forward to meeting you at the theatre and hope you enjoy the show!



## INTRODUCTION | CYFLWYNIAD

**One Small Step is a concert inspired by human exploration into space.** Intrigued by the beauty and majesty of the moon and stars, we have always sought to gain a deeper understanding of the universe. From Apollo 11, the first human landing on the moon – to the SpaceX mission to Mars, we want to travel into space and explore the cosmos.

**One Small Step is an imagined story** – of a capsule sent by humans from earth to a strange and distant planet. Who lives there? What can they learn from us and what can we learn from them?

### The Musicians

Our journey into space will feature some amazing musicians. You'll get to hear:

- Lucy Knight, professional soprano (a female opera singer with a very high voice).

Five instrumental musicians from Sinfonia Cymru, a professional chamber orchestra:

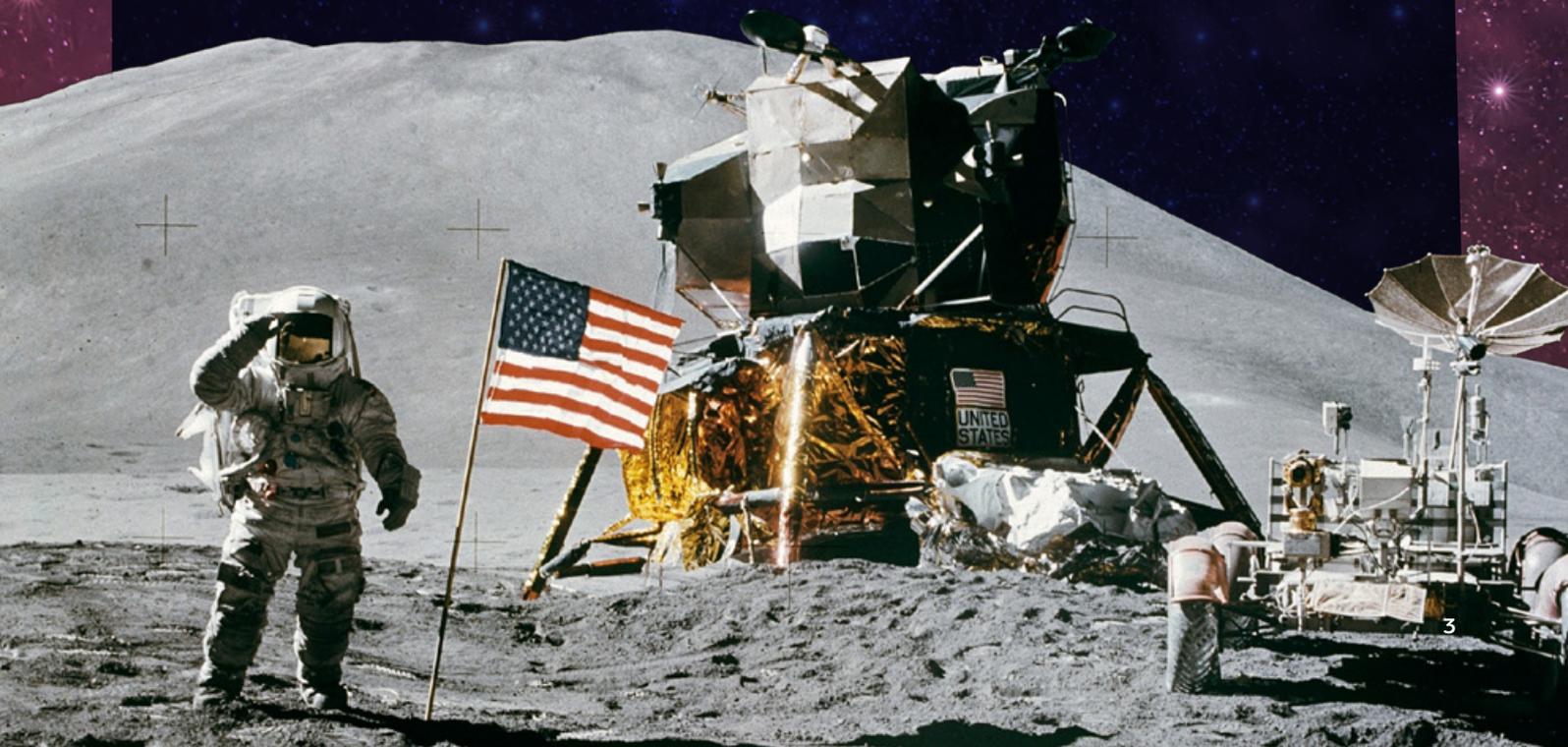
- a string quartet: two violins, a viola and a cello, and
- a pianist.

And of course you will all be featuring in the concert as musicians too!

### What you need to do in advance

We have two pieces that everyone will join in with together so please take the time to learn these before the day. The more times you've sung through these songs in advance, the better and the more exciting the experience will be.

There's a recording, word sheet and melody sheet attached to this pack to help you. Having a sing along in class or in assembly is great, and you can also put the music on in the background while you're doing other work just to help everyone get really familiar with it.



PROJECT SONGS – LYRICS | CANEUON Y PROSIECT – GEIRIAU

We'd like you to teach your class two simple songs which will feature in One Small Step.

**1. Thomas Tallis: 'From Darkest Night'/'O'r Noson Ddu', arranged by/trefniant James Redwood**

'From Darkest Night' is a setting of a very famous tune by Thomas Tallis (1505 – 1585). The words and arrangement are by the English composer and music leader James Redwood. He was inspired by the way that light travels across the universe: many of the stars that we can see in the sky have already burned out but their light is still travelling towards us. It's a crazy thought to get your head around!

The tune is in a canon, which means that although we will all learn the same tune, we'll be joining in at different times. The guide tracks have the English versions, **but please learn the Welsh versions too so we can sing both in the show.**

**ENGLISH WORDS | GEIRIAU SAESNEG**

From darkest night, the morning star,  
With light it carries from afar  
No more it burns but long ago.  
It shone and shines tomorrow.

**WELSH WORDS | GEIRIAU CYMRAEG**  
(Welsh translation by Elinor Wyn Reynolds)

O'r noson ddu, gwêl seren glaer,  
O bellter byd daw golau taer  
Losgodd yn ddim, ond unwaith, do,  
Bu'n ddisglair cynt, daw golau eto.

**2. Henry Purcell: 'Thou tun'st this world below'/'Fe droi di'r byd islaw'**

Henry Purcell (1659 – 1695) was one of the greatest and most famous British composers ever to have lived. This song is taken from a longer piece called 'Hail! Bright Cecilia' – which is all about the power of music. Saint Cecilia is the patron saint of musicians and the words are about music's celestial power – how it moves us and inspires us. In the performance, Lucy will sing some of the music and then we'll all join in. **Remember to learn both the English and Welsh words.**

**Extension Activity**  
\*  
You can use this music as a springboard to your own scientific explorations into the speed of light.

**Extension Activity**  
\*  
Find out about the life of Saint Cecilia.  
\*  
Explore some of the famous paintings that Saint Cecilia's story has inspired.



**ENGLISH WORDS | GEIRIAU SAESNEG**

Thou tun'st this world below, the spheres above  
Who in the Heavenly Round to their own music move.

**WELSH WORDS | GEIRIAU CYMRAEG**  
(Welsh translation by Elinor Wyn Reynolds)

Fe droi di'r byd islaw, a'r sfferau fry  
Sy'n dawnsio i'w cân hwy, drwy'r ffurfafennau lu.

## PROJECT SONGS | CANEUON Y PROSIECT

We will all be singing these two songs together in the concerts. Use the recordings emailed to your school and available online [HERE](#).

### from darkest night

Dreamy (♩=100)

Tallis Canon  
arr. J. Redwood

*mf cantabile* From dark-est night the

8

morn-ing star, with light it car-ries from a- far. No more it burns, but long a- go it

**A** Upbeat (♩=164)

15

shone, and shines to - mor - row From O'r

22

dar - kest night the morn - ing star  
no - son ddu gwel se - ren glaer

27

with light bell - it car - ries from a -  
O bell - ter byd daw go - lau

31

far taer No Los - -

34

more godd yn burns ddim, but ond long un - waith, - go do, it Bu'n

38

shone ddis - - - and glair shines cynt daw golau - - - row eto

PROJECT SONGS | CANEUON Y PROSIECT

2

**B**

43

From dar - kest night the morn - ing  
O'r no - son ddu gwêl se - ren

From dar - kest  
O'r no - son

48

star with light it car - ries  
glaer O bell - ter byd daw

night the morn - ing star with  
ddu gwêl se - ren glaer O

53

from a - far No more it  
go - lau taer Los - godd yn

light it car - ries from a - far  
bell - ter byd daw go - lau taer

58

burns but long a - go it shone and  
ddim, ond un - waith, do, Bu'n ddis - - - glair

No more it burns but long a - go it  
Los - godd yn ddim, ond un - waith, do, Bu'n

63

shines to mor - row  
cynt daw go - - - lau,eto

shone and glair shines to mor - row  
ddis - - - glair cynt daw go - lau,eto

**C**

68

From dar - kest night the morn - ing  
O'r no - son ddu gwêl se - ren

From dar - kest  
O'r no - son

PROJECT SONGS | CANEUON Y PROSIECT

73

star with light bell - it car - ries from a - far No  
glaer O bell - ter byd daw go - lau taer Los -

night the morn - ing star with light bell - it car - ries  
ddu gwel se - ren glaer O byd - ries daw

From dar - kest night the morn - ing star with  
O'r no - son ddu gwel se - ren glaer O

From dar - kest night the  
O'r no - son ddu gwel

78

more it burns but long a - go it shone and  
godd yn ddim, ond un - waith, do, Bu'n ddis - glair

from a - far taer No Los - more godd yn ddim, but ond un - waith,

light bell - it car - ries from a - far taer No more godd yn  
bell - ter byd daw go - lau taer No Los - more godd yn

morn - ing star with light bell - it car - ries from a -  
se - ren glaer O bell - ter byd - ries daw go - lau

83

shines to - mor - - row and glair shines to -  
cynt daw go - - lau,eto glair cynt daw

go, it shone and shines to - mor - - row  
glair shines to - mor - - row glair shines to -

burns but long a - go, it shone and shines to -  
ddim, but ond un - waith, do, Bu'n ddis - glair cynt daw

far taer No more godd yn burns but long a - go, it  
far taer No more godd yn burns but long a - go, it Bu'n



PROJECT SONGS | CANEUON Y PROSIECT

# Thou tun'st this world

1st time Soprano solo  
2nd time everyone  
After B section once through tutti and finish at sign

Purcell

**A**

Soprano Solo  
Thou tun'st this world this world be - low the spheres a -

Young Voices  
Thou tun'st this world this world be - low the spheres a -  
Fe droi d'ir byd, dir byd is - law a'r sffer - rau

**B**

S. Solo  
bove the spheres a - bove Which in the hea - ven - ly

YV  
bove, the spheres, the spheres a - bove Which in the hea - ven - ly  
fry a'r sffe - rau sffe - rau fry sy'n dawn-sio i'w can hwy

**12**

S. Solo  
round to their own mu - sic move

YV  
hea - ven - ly round to their own spi - rits move to their own spi - rits  
i'w can hwy drwy'r Ffur-fa-fe - nnau lu drwy'r ffur - fa - fe - nnau

**18** **§** Finish here second time

S. Solo  
to their own spi - rit move Which in the hea - ven ly round

YV  
move to their own spi - rits move  
fry drwy'r Ffur-fa-fe-nnau lu

**25**

S. Solo  
to their own mu - sic move

**30**

S. Solo  
to their own mu - sic move

## SONGWRITING ACTIVITY | GWEITHGAREDD YSGRIFENNU CANEUON

As part of this project we will be working with KS2 pupils at six Powys primary schools, creating new songs which will be shared as part of each performance at Theatr Brycheiniog, The Hafren and Wyeside Arts Centre. If you would like to have a go at making your own song in response to the performance, here are our top tips!

Our theme for the songwriting workshops is 'Letter to an Alien' and our topics for the letters are:

- The night sky
- Space explorers
- The journey to the moon

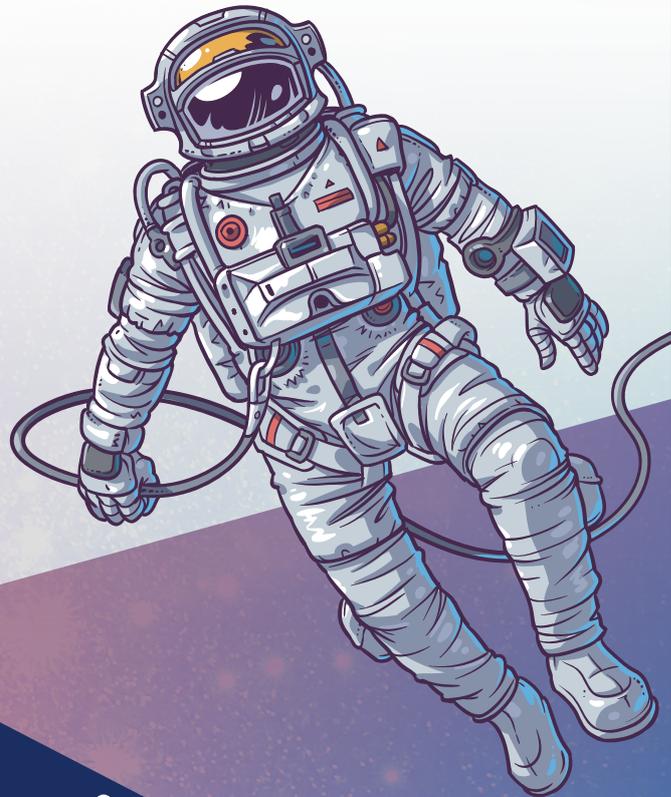
### Who is singing?

The first thing to think about is Point of View... who is singing this song? If you are writing about the night sky is the singer an astronomer looking through her telescope? Or is it the ethereal voice of a star shining in a galaxy? Are we singing as a character or are we describing something we see? Any point of view can work well, but deciding before you write the song will really help your process.

### Extension Activity

\*

What's your favourite piece of music? Can you explain WHY you like it so much?



## SONGWRITING ACTIVITY CONT. | GWEITHGAREDD YSGRIFENNU CANEUON PAR.

### Atmosphere

What kind of feel do you want your song to have? Of course, the music does a lot of this work, but your text sets the tone. Is it a poetic, reflective song with lots of beautiful metaphors and images? Is it a snappy dramatic song with lots of short one-syllable words? How does this change the words you choose, the length of your sentences, and use of repetition and alliteration?

### Rhyming

Rhyming in songs can be fun and satisfying. It can make a song feel well made and rounded BUT the meaning of the words is always more important than making a rhyme. Don't sacrifice the right words, for rhyming words.

### Structure

There are lots of different ways to structure a good song. Verses with a chorus in between is familiar to us all – but it's not the only way! You can be creative with how you structure your lyrics – different sections with different feelings – for example a love song might be cheerful and happy to begin with “I love you! You're amazing” but then have a different, sadder part later “I don't think you love me – I'm crying”.

### Keep it brief

A good song doesn't need many words. Try thinking about some of your favourite songs and then look at the lyrics written down on the page – there probably won't be that many. Remember that the music can do a lot of the work – so you don't need to spell things out as you would in other kinds of writing. If you sing a simple phrase like “I love you” you might not need much more text, because the music can show us the emotions.

This can be tricky, because it means you have to communicate lots of ideas in a short space of time. You have to be really clear about your word and sentence choices.

### Be prepared

The rough part of writing song lyrics is seeing everything change when it is set to music. It can be painful to see a phrase you love be put in the bin – or some words you thought were just “OK” becoming the most important part of the song – but working collaboratively means compromise. The most important thing is to make a good song, so you have to be brave with offering ideas, and then accept that not all of them will be right for this song.

### Good luck!



The performance features lots of music by different composers, including songs by Mozart, Richard Strauss and Maurice Ravel. You can explore the atmosphere they create through their music through the following links:

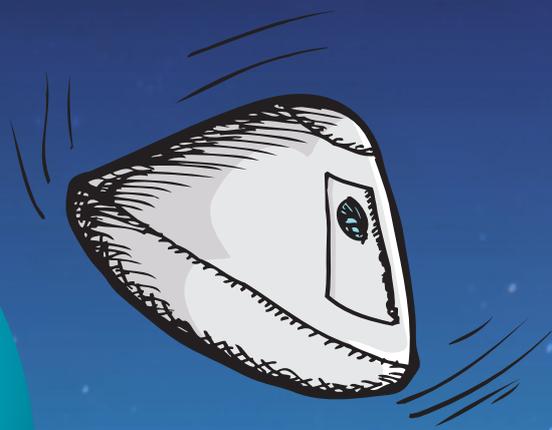
Mozart: Queen of the Night Aria 1 (from his opera The Magic Flute. [Click Here to listen](#))

Strauss: Die Nacht (The Night). [Click Here to listen](#)

Ravel: Arriere ('Stand back!' from his opera L'enfant et les sortilèges – The Child and the spells).

[Click Here to listen](#)

You can find links to more music you'll hear in the show [HERE](#).



## PROJECT TEAM | TÎM Y PROSIECT

### John Barber

John is a composer and music leader from Bristol with a passion for drama, collaboration and voices. He studied with Sir Harrison Birtwistle and has gone on to compose for some of the country's leading arts institutions and ensembles including the Royal Opera House, Shakespeare's Globe, Spitalfields Music, Garsington Opera and The Sixteen. [johnbarbermusic.com](http://johnbarbermusic.com)

### Hazel Gould

Hazel Gould is a writer, director and workshop leader who specialises in creating new opera. At the core of all of Hazel's work is her belief that art has the power to change and enhance lives. She loves to work collaboratively and creates work both with and for a diverse range of professional and non-professional artists and participants. Hazel trained at Manchester University and Central School of Speech and Drama. Her work in learning and participation is broad and wide ranging, and she has worked with thousands of diverse participants to explore and create art over a 20 year career.

### Lucy Knight

Lucy is an award-winning soprano who has sung in opera houses and concert halls all over the world, from the Carnegie Hall in New York to the Opéra Comique in Paris and from English National Opera in London to the Sydney Opera House in Australia. Born in London, Lucy studied Music at Cambridge University and began her career as a member of the Monteverdi Choir, before training at the Guildhall School of Music & Drama, Franz-Schubert-Institute in Vienna, and English National Opera. [lucy-knight.co.uk](http://lucy-knight.co.uk)

### Mid Wales Music Trust

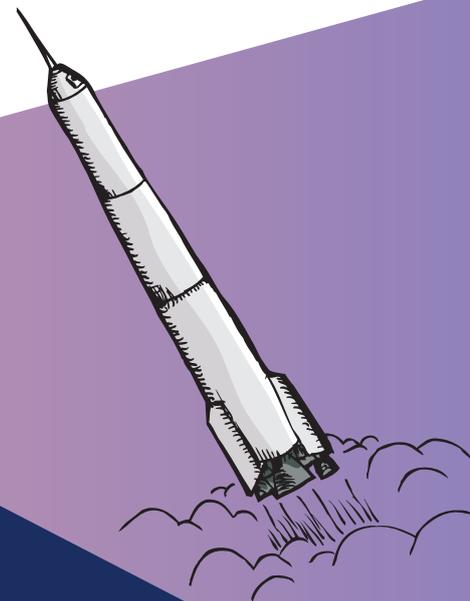
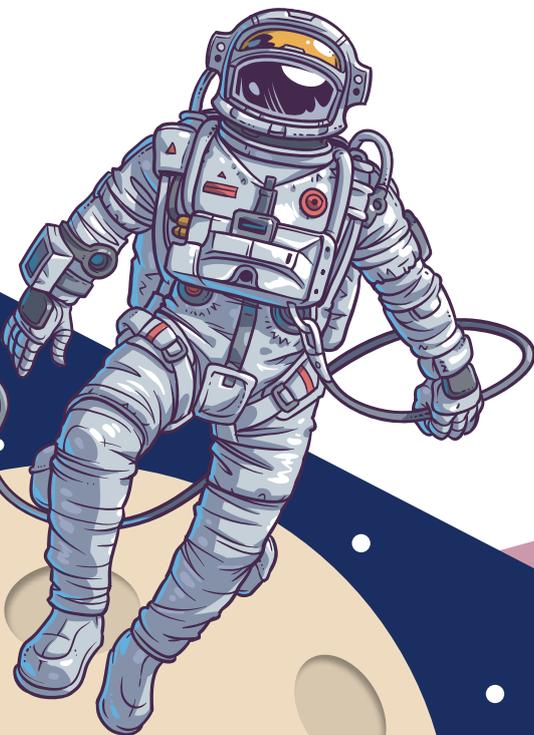
MWMT was established in 2009 to enable more people across mid Wales to experience and be inspired by high quality live music. MWMT collaborates with many organisations including The Hafren, Wyaside Arts Centre, Theatr Brycheiniog, South Powys Youth Music, Sinfonia Cymru and Brecon Baroque Festival. Music projects for schools have included Peter and the Wolf, The Story of Babar, and The Lost Box of Stories.

[mwmt.org.uk](http://mwmt.org.uk) | [catrin@mwmt.org.uk](mailto:catrin@mwmt.org.uk)

### Sinfonia Cymru

Sinfonia Cymru is Wales's professional chamber orchestra, made up of outstanding musicians in the early years of their careers. They perform all over Wales and beyond, giving performances in concert halls and in less traditional spaces including pubs and cinemas. Together with Bryn Terfel, Elin Manahan Thomas and Catrin Finch they performed the premiere of Karl Jenkins's 'Cantata Memoria' for the children who lost their lives in the Aberfan disaster, and forthcoming concerts include a tour of Wales with cellist Sheku Kanneh-Mason.

[sinfoniacyrmru.co.uk](http://sinfoniacyrmru.co.uk) | [tammy@sinfoniacyrmru.co.uk](mailto:tammy@sinfoniacyrmru.co.uk)



## THANK YOU | DIOLCH YN FAWR

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Find out more about Mid Wales Music Trust: [mwmt.org.uk](http://mwmt.org.uk)

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Find out more about Sinfonia Cymru: [sinfoniacyrmu.co.uk](http://sinfoniacyrmu.co.uk)

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