

Jake Runestad

PLEASE STAY

unison choir & piano

Text

No! Don't go!

Don't let your worst day be your last.
The storm is strong, but it will pass.
You think you can't go on another day,
but please stay. Just stay.

Hope is real. Help is real.
You are breath, you are life,
you are beauty, you are light.

Your story is not over.
You are not a burden to anyone.

Please stay. Just stay.

[Text adapted from tweets using #IKeptLiving — expressions of hope from those who battle depression and chose to live.]

Share

Read the story behind this work and
share your #ReasonsToStay:

jakerunestad.com/store/please-stay

Performance Time c. 6:30

About the Work

Commissioned by the Ohio Choral Directors Association College & University Commissioning Consortium.

North Carolina State University (Daniel Monek,
consortium coordinator)
Ashland University (Ron Blackley)
Bowling Green State University (Mark Munson,
Tim Cloeter)
Capital University (Lynda Hassler)
Cleveland State University (Brian Bailey)
College of Wooster (Lisa Wong)
Denison University (Wei Cheng)
Hiram University (Dawn Sonntag)
Kent State University (Scott MacPherson)
Malone University (Jon Peterson)
Marietta College (Jay Dougherty)

Miami University (Bill Bausano, Jeremy Jones)
Mount Vernon Nazarene University (Bob Tocheff)
Muskingum University (Zebulon Highben)
Ohio Christian University (Dione Bennet)
Otterbein University (Gayle Walker)
Sinclair Community College (Nolan Long)
University of Akron (Marie Bucoy- Calavan)
University of Dayton (Robert Jones)
University of Mount Union (Grant Cook)
University of Toledo (Brad Pierson)
Wright State University (Hank Dahlman)
Xavier University (Rich Schnipke)
Youngstown State University (Hae-Jong Lee)

About the Composer



Considered “highly imaginative...with big ideas” (Baltimore Sun) and “stirring and uplifting” (Miami Herald), award-winning composer Jake Runestad (b. 1986) has received commissions and performances from leading ensembles and organizations such as Washington National Opera, the Netherlands Radio Choir, the Louisiana Philharmonic Orchestra, the Cincinnati Vocal Arts Ensemble, Seraphic Fire, the Dayton Philharmonic Orchestra, the Virginia Arts Festival, the Santa Fe Desert Chorale, and Craig Hella Johnson and Conspirare.

Dubbed a “choral rockstar” by American Public Media, Jake is one of the most frequently performed composers in the U.S.A. Jake Runestad holds a Master's degree in composition from the Peabody Conservatory of the Johns Hopkins University where he studied with Pulitzer Prize-winning composer Kevin Puts. He has also studied extensively with acclaimed composer Libby Larsen. A native of Rockford, IL, Mr. Runestad currently lives in Minneapolis, MN and his music is published by Boosey & Hawkes and JR Music.

Find out more at: JakeRunestad.com

Perusal Score

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JakeRunestad.com/store

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PLEASE STAY

for unison choir & piano

Jake Runestad
(b. 1986)

Aggressive ♩=88 rit. Slowly, freely ♩=52 - 60

ff with urgency *mp* pleading

Choir

No! Don't go! Don't go! Don't go.

Piano

ff *p*

Soloist should stand in front of the choir.

Sop. or Alto:

6 *mp* comforting

Solo

Don't let your worst day be your last. The storm is strong, but it will pass... You

Choir

p

oo

Pno.

6

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A portion of the proceeds from this work will be donated to the American Foundation for Suicide Prevention.
More info at afsp.org

2

10

rit. **a tempo**

Solo

think you can't go on_ an - oth - er day, but please^(s-s) stay. Just ^(st-st)

Choir

Stay. Just

rit. **a tempo**

Pno.

10

14

Flowing ♩=60 - 63

Solo

stay.

Choir

stay. Stay. Just

Flowing ♩=60 - 63

Pno.

14

18

Choir

stay.

Pno.

18

*Throughout the work, the "s" and "st" sounds should not be elided.

20 *mp affirmingly*

Choir

Don't let your worst day be your last.

Pno.

20

22

Choir

The storm is strong, but it will pass. — You

Pno.

22

cresc.

rit. a tempo

24 *mf* *mp sensitively*

Choir

think you can't go on — an - oth - er day, — but please

Pno.

24

dim.

3 3

27

Choir

stay. Just

Pno.

mp

27

29

Choir

stay.

Pno.

accel.

29

With motion ♩=76

mf with renewed energy & light

31

Choir

Hope is real. Help is real. You are

Pno.

mf

31

33 *cresc.* *rit.*

Choir

breath, you are life, you are beau - ty, you are

Pno.

33

35 $\text{♩} = 63$ *ff* *poco rit.*

Choir

light. You are

Pno.

35

37 *a tempo*

Choir

light. Your

Pno.

37

6

39

Choir

sto - ry is__ not o - ver. You are not a bur - den__ to

Pno.

39

molto rit. *mp*

41

Choir

an - y - one. slowly close to "n" nn

molto rit. *mp*

Pno.

41

(Solo) *mp* Comforting ♩=60 *poco* *poco*

43

Solo

Please stay. Just

Comforting ♩=60

Pno.

43

This page has been removed in hopes
that you will purchase this score.

To purchase, please visit:

JakeRunestad.com/store



During this repeat, individuals from the ensemble will speak the lines in the box below. The lines should be spoken with sensitivity, not overly "performed" but rather with simple sincerity, yet clearly and deliberately articulated. There should be a brief pause between each spoken line; do not rush from one to the next. Repeat this section as often as necessary until all of the lines have been spoken. After each speaker finishes the line, she/he should move closer to another speaker and grab his/her hand showing solidarity. Variations can include other members of the choir stepping forward and comforting the speakers and/or the rest of the choir encircling the speakers after they have spoken their lines.

Repeat ad lib.

52

Choir

stay. Just

Repeat ad lib.

Pno.

52

Spoken lines:

- My happiness is no longer in the hands of someone else.
- I realized that what people say about me reflects who they are, not who I am.
- Suicide doesn't get rid of your pain, it passes it on to everyone else.
- It's okay to be a work-in-progress.
- Sharing your feelings doesn't make you weak.
- Some days are still such a struggle.
- All I can think about is Nathan. I wish he kept living. (Another name may be substituted.)
- I decided to ask for help instead of going through it alone.
- It was hard as hell, but I kept living.
- One person took the time to listen and understand. Sometimes that's all it takes.

These statements were adapted from actual tweets using the hashtag #IKeptLiving -- expressions of hope from those who battle depression and chose to live.

54

Choir

stay. Please

Pno.

54

56

Choir

poco

Please stay.

Pno.

56

molto rit.

59

Choir

poco

Stay.

pp

molto rit.

Pno.

59