

Build a Shelter/Let it Rest

Text: Pamela Grenfell Smith

Tune: Conie Borchardt

♩ = 69 (with a soft swing)

The musical score is written in 3/4 time and consists of four staves of music. The melody is simple and repetitive, with a soft swing feel. The lyrics are: "Build a shelter for your sor - row, Let your sor - row rest. Build a shelter for your sor - row let your sor - row rest. Let it rest, let it rest, let it rest, let it rest. Build a shelter for your sor - row, let your sor - row rest." The score includes a key signature of one flat (Bb) and a tempo of 69 beats per minute.

Build a shel - ter for your sor - row, Let your sor - row rest. Build a

5
shel - ter for your sor - row let your sor - row rest. Let it

9
rest, let it rest, let it rest, let it rest. Build a

13
shel - ter for your sor - row, let your sor - row rest.

On Monday, April 25, 2022, Conie was the guest leader for "Composing Ourselves" an online zoom offering from Music that Makes Community. After a short period of personal writing, Pamela returned with this text (and the words "anger, worry, and memory," to zipper in more verses) and invited someone to write a tune. After the session was over, Conie sat with the text and realized it resonated with her experience of witnessing a difficult family situation recently. Letting the words be a spark for sound shapes to pour out of her, Conie finally settled on this tune.

A note from Pamela:

This a lyric about giving permission to rest from one's own inner struggle and pain.