

In the Fall through the Spring of 2017-2018, I found myself in a somewhat odd relationship with Kevin Good. He was finishing up his Master's Degree at the California Institute of the Arts while I was living and working in the San Francisco Bay Area: two California transplants after our combined decade of study at the Hartt School in Hartford, Connecticut.

One morning we realized that, for the past month or so, we had been including each other in our morning routines: waking up, making coffee, and texting each other. It became a ritual, where the morning seemed incomplete if we hadn't checked in to see what the other was thinking about. Conversations ranged from personal confessions and anxieties to jokes and memes about contemporary art and music. It didn't matter what we talked about, as long as we dedicated some attention each morning to exchanging a few messages before beginning the day in earnest.

When I expressed interest in *Slow Silent Singing*, as he was writing it, Kevin was somewhat pleasantly surprised that I wanted to devote such attention not only to a work of his, but one that was 70 minutes of solo glockenspiel.

The truth is that *Slow, Silent, Singing* acts less as a concert listening experience as much as a meditation on common threads and connections across vast distances. The piece's material is beautiful and simple and often interrupted by vast swathes of silence, yet nonetheless always returns in an understated, unobtrusive fashion. I find parallels in my conversations with Kevin, which were short and often multitasked with whatever I was dealing with that day, but nonetheless a priority. I felt more connected and healthier the more attention I paid to them.

It's okay to fall asleep during this piece. It's okay to zone out and stop paying attention for a little while; to become lost in your own thoughts. *Slow, Silent, Singing's* only goal is to hold the space for reflection, and to provide cues for respite whenever you're ready to be less caught up in the mental travails of everyday life. My conversations with Kevin helped to keep me grounded during that time, and I'm very thankful for his friendship and, now, for the opportunity to share that feeling of connectedness through *Slow, Silent, Singing*.