

ARLINGTON CHORALE  
DR. INGRID LESTRUD, ARTISTIC DIRECTOR

# *Christmas Joy*



DECEMBER 10, 2022 | 5:00 PM  
WESTOVER BAPTIST CHURCH  
ARLINGTONCHORALE.ORG



**DR. INGRID LESTRUD, ARTISTIC DIRECTOR**

# *Christmas Joy*

***Seven Joys of Christmas***

Kirke Mechem

1. The Joy of Love: This is the truth
2. The Joy of Bells: Ding, Dong! Merrily on High
3. The Joy of Mary: Joseph dearest, Joseph mine
4. The Joy of Children: Patapan
5. The Joy of the New Year: New Year Song
6. The Joy of Dance: Fum, fum, fum!
7. The Joy of Song: God bless the master of this house

*Sarah Eichorn and Alannah Hjelm, soloists*

***Magnificat***

John Rutter

*Magnificat anima mea  
Of a Rose, a lovely Rose  
Quia fecit mihi magna  
Et misericordia  
Fecit potentiam  
Esurientes  
Gloria Patri*

*Helena Colindres, soprano*

*Please silence mobile devices.*

# MEMBERS OF THE ARLINGTON CHORALE

## SOPRANO

Izzy Arbetter	Betsy Keenan	Amanda Steadman
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Cindy Fagnoni	Mayarí Loza	Rachel Wong
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Anna-Maija Litvak	Stojadinovic	
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Ingrid Olsen	Ava Rissetto	

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### VIOLIN I

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Deborah Katz

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Kristin Bakkegard  
Wendy Posner

### VIOLA

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Sean McCarthy  
Grant

### HARP

Eric Sabatino

### ORGAN

John Nothhaft

## SOLOIST

### HELENA COLINDRES, SOPRANO

Helena Colindres (they/them) is a nonbinary versatile vocalist, educator, and activist of Nawataketza ancestry. As a rising opera vocalist, they have performed roles such as the Governess in Britten's *Turn of the Screw*, Despina in Poulenc's *Les Mamelles di Tirésias*, and recently made their professional debut as Winnie in Beecher's *Sky on Swings* with Opera Saratoga. They have also had the pleasure of winning various voice competitions such as the Camille Coloratura Awards and the Sylvia Green Voice Competition.

Helena graduated from the Peabody Conservatory with their MM in Voice and Pedagogy in May 2022. They also have a BM in Voice and a BA in Comparative American Studies with a concentration in Identity and Diversity from the Oberlin College and Conservatory and an AA in Latin American and Latinx studies as well as an AS in social sciences from City College of San Francisco. They are also a member of the Pi Kappa Lambda Honors Association.

Born and raised on Yelamu Ohlone land to refugee parents, Helena is passionate about fighting for marginalized people and feels blessed that they get to build community through their art, teaching, and organizing every day.

## ARTISTIC STAFF

### DR. INGRID LESTRUD, ARTISTIC DIRECTOR

Dr. Ingrid Lestrud enjoys an active career as a conductor and educator. Drawn to music and singing at an early age, she studied vocal performance as an undergraduate and discovered a passion for conducting choral and orchestral music. She went on to study conducting at the graduate level, eventually completing her Doctor of Music degree at Northwestern University, where she studied with Victor Yampolsky. While living in Chicago, Dr. Lestrud sang with the Chicago Symphony Chorus for several seasons under the baton of Riccardo Muti, performing in the Grammy award-winning recording of Verdi's *Requiem*. She spent three years as the Voice Department Chair of the Merit School of Music, a community music school that serves over six thousand students with a focus on underserved communities. Collaborating with the Lyric Opera of Chicago, she worked with Renée Fleming to develop curriculum for Merit's Solo Voice Program, and her choir performed for and with Ms. Fleming for special events.

Dr. Lestrud has served on the faculty of several colleges in the midwest and on the east coast, leading choral and orchestral programs. Formerly the Principal Associate Conductor of the Grammy award-winning National Children's Chorus, she worked with some of the finest young singers in the nation, preparing them for concerts at Carnegie Hall, Lincoln Center, Walt Disney Concert Hall, and the Kennedy Center. In 2019, she performed as a member of the Living Arts Collective at the National Gallery of Art, conducting several movements of Schoenberg's *Pierrot Lunaire* in an event that showcased both musicians and dancers, highlighting an exhibition of lunar photographs and commemorating the fiftieth anniversary of the moon landing. Dr. Lestrud is also a conductor with Encore Creativity, a choral organization for older adults that focuses on preparing high quality performances while also fostering a sense of community through singing.

## JOHN NOTHAFT, KEYBOARD ARTIST

John Nothaft from Vienna, Virginia, serves as the Director of Music Ministries at Lewinsville Presbyterian Church in McLean, VA as organist and choirmaster, created and curates their “Holy Happy Hour” concert series, and oversees a music ministry program of nine music ensembles. During the pandemic he started a weekly “Friday Fortissimo” music video. John graduated with his M.M. 18’ from the studio of David Higgs at The Eastman School of Music. John received his B.M. 16’ from the Indiana University Jacobs School of Music and Hutton Honors College where he studied with Janette Fishell. Former organ teachers include Colin Andrews, and through the Potomac Organ Institute scholarship, Paul Skevington and Edward Alan Moore. John has studied sacred music with Bruce Neswick, Marilyn Keiser, Douglas Reed, and Robert Nicholls. He has studied piano with Marcia Chaplin and was awarded the Virginia Federation of Music Clubs Scholarship. He has participated in master classes with John Ferguson, Jeremy Filsell, David Higgs, and Ben Hutto. John has attended the McGill Summer Organ Academy, Oundle Organ Festival, and Westminster Choir College Organ Institute. He has served as organ scholar for RSCM courses in Houston, TX, Newport, RI and Washington, DC. In 2017, he was the first prize winner of the National Federation of Music Clubs Collegiate Organ Competition and recipient of the NPM members scholarship. As an Oundle recital winner he performed recitals at Truro Cathedral and Chester Cathedral in the UK. Recent performances include the Noontime Cantata Series with the Washington Bach Consort, Chevy Chase Presbyterian’s Bachathon, Piccolo-Spoleto L’Organo’s music festival, Charleston S.C, and at St. Mark’s Cathedral in Seattle, WA. John is an avid tennis player and USPTA-certified coach. John has written a musical children’s book Old McHandel & His Musical Farm which is on sale in the U.S., Europe, and through Amazon.

# ELISHA MILLER, JOSEPH AND KAREN LUQUIRE CONDUCTING FELLOW

Elisha Miller is a rising conductor, soprano, and educator in the Washington DC area. She is unrestrained by any genre and thrives in diverse musical settings, with a particular appetite for empowering singers to uncover their potential. Under her tutelage, some of her students' achievements include Broadway International callbacks and Florida All State invitations. Elisha is an Associate Conductor for the GRAMMY award winning National Children's Chorus, and holds a private studio for voice and piano students. In her free time, Elisha can be found taking long bike rides, turning a practice room into a recording studio, or making extravagant messes in the kitchen.

## TEXTS AND TRANSLATIONS *SEVEN JOYS OF CHRISTMAS*

### 1. The Joy of Love: This is the truth

This is the truth sent from above,  
The truth of God, the God of love,  
Therefore don't turn me from your door,  
But hearken all both rich and poor.

The first thing which I do relate  
Is that God did man create;  
The next thing which to you I'll tell:  
Woman was made with man to dwell.

And we were heirs to endless woes,  
Till God the Lord did interpose;  
And so a promise soon did run  
That He would redeem us by his Son.

And at that season of the year  
Our blest Redeemer did appear:  
He here did live, and here did preach.  
And many thousands He did teach.

Thus he in love to us behaved,  
To show us how we must be saved;  
And if you want to know the way,  
Be pleased to hear what He did say.

## 2. The Joy of Bells: Din don! merrily on high

Din Don! merrily on high  
In heav'n the bells are ringing;  
Din don! verily the sky  
Is riv'n with angel singing.  
Gloria, Hosanna in excelsis.

E'en so here below, below,  
Let steeple bells be swungen  
And i o, i o, i o  
By priest and people sungen.  
Gloria, Hosanna in excelsis.

Pray you dutifully prime  
Your matin chime, ye ringers.  
May you beautifully rime  
Your evetime song, ye singers.  
Gloria, Hosanna in excelsis.

## 3. The Joy of Mary: Joseph dearest, Joseph mine

Joseph dearest, Joseph mine,  
Help me, Joseph;  
God reward thee  
In Paradise,  
So prays the Mother Mary

He came among us on Christmas Day,  
In Bethlehem;  
Jesus, Jesus  
Christus natus hodie in Bethlehem  
Lo, He comes to love and save and free us!

Mary dearest, Mary mild,  
I shall gladly help rock thy Child;  
God will surely reward us then  
In Paradise,  
So prays the Mother Mary.

Now is born Emmanuel,  
Prophesied by Ezekiel,  
Promised Mary by Gabriel,  
Rejoice and sing  
Alleluia. Maria.



#### 4. The Joy of Children: Patapan

Willie, take your little drum,  
With your whistle, Robin, come!  
When we hear the fife and drum,  
Turelurelu, patapatapan,  
When we hear the fife and drum,  
Christmas should be frolicsome.

Thus the men of olden days  
Loved the King of kings to praise:  
When they hear the fife and drum,  
Turelurelu, patapatapan,  
Sure our children won't be dumb!

God and man are now become  
More at one than fife and drum.  
When you hear the fife and drum,  
Turelurelu, patapatapan,  
Dance and make the village hum!

#### 5. The Joy of the New Year: New Year song

When night's shadows fly  
New Year's dawn floods all the sky;  
And joyful voices sound, joyful voices sound.  
Branches of the fragrant pine  
Hang ev'rywhere around, ev'rywhere around.

Leaves so dainty fine  
Freshly gathered, dewy shine,  
And glitter in the light, glitter in the light.  
From Kadusa's lofty pinetree  
Waving, on the height, on the height.

## 6. The Joy of Dance: Fum, fum, fum!

On December twenty-fifth, sing fum, fum, fum!  
On December twenty-fifth, sing fum, fum, fum!  
He is born of God's pure love, The Son of God, the Son of God!  
He is born of Virgin Mary in this night so cold and dreary,  
Fum, fum, fum!

Birds who live in ev'ry forest, fum, fum, fum!  
Birds who live in ev'ry forest, fum, fum, fum!  
You must leave your fledglings on the bough,  
Must leave your fledglings now;  
For to make a downy nest, So the newborn Babe may rest.  
Fum, fum, fum!

All the brilliant stars in heaven, fum, fum, fum!  
All the brilliant stars in heaven, fum, fum, fum!  
Looking down see Jesus crying, see Him crying, see Him cry;  
Send away the darkness lightly,  
Shine your light upon us brightly,  
Fum, fum, fum.

## 7. The Joy of Song: God bless the master of this house

God bless the master of this house,  
And all that are therein-a,  
To begin this Christmastide  
With mirth now let us sing-a!

The Saviour of all people  
Upon this time was born-a,  
Who did from death deliver us,  
When we were left forlorn-a.

Then let us all most merry be,  
And sing with cheerful voice-a,  
For we have good occasion to sing;  
Gloria in excelsis Deo.

# MAGNIFICAT

## 1. *Magnificat anima mea*

Magnificat anima mea Dominum: et exsultavit spiritus meus in Deo salutari meo. Quia respexit humilitatem ancillae suae: ecce enim ex hoc beatam me dicent omnes generationes.

*(My soul doth magnify the Lord: and my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his hand-maiden: for behold, from henceforth all generations shall call me blessed.)*

## 2. *Of a Rose, a lovely Rose*

*Of a Rose, a lovely Rose,  
Of a Rose is all my song.*

Hearken to me, both old and young,  
How this Rose began to spring;  
A fairer rose to mine liking  
In all this world ne know I none.

Five branches of that rose there been,  
The which be both fair and sheen;  
The rose is called Mary, heaven's queen.  
Out of her bosom a blossom sprang.

The first branch was of great honour:  
That blest Marie should bear the flow'r;  
There came an angel from heaven's tower  
To break the devil's bond.

The second branch was great of might  
That sprang upon Christmas night;  
The star shone over Bethlem bright,  
That man should see it both day and night.

The third branch did spring and spread;  
Three kinges then the branch gan led  
Unto Our Lady in her child-bed;  
Into Bethlem that branch sprang right.

The fourth branch it sprang to hell,  
The devil's power for to fell:  
That no soul therein should dwell,  
The branch so blessedfully sprang.

The fifth branch it was so sweet,  
It sprang to heav'n, both crop and root,  
Therein to dwell and be our \*bote:  
So blessedly it sprang.

Pray we to her with great honour  
She that bare the blessed flow'r,  
To be our help and our succour,  
And shield us from the fiendes bond.  
*(15th-century English)*

\*bote=salvation

### ***3. Quia fecit mihi magna***

Quia fecit mihi magna qui potens est: et sanctum nomen eius.

\* Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth. Pleni sunt caeli et terra gloria tua. Hosanna in excelsis.

*\* (from the Ordinary of the Mass)*

*(For he that is mighty hath magnified me: and holy is his Name. Holy, Holy, Holy, God of hosts. Heaven and earth are filled with thy glory. Hosanna in the highest.)*

### ***4. Et misericordia***

Et misericordia eius a progenie in progenies timentibus eum.

*(And his mercy is on them that fear him throughout all generations.)*

## 5. *Fecit potentiam*

Fecit potentiam in brachio suo: dispersit superbos mente cordis sui. Deposuit potentes de sede, et exaltavit humiles.

*(He hath shewed strength with his arm: he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and the meek.)*

## 6. *Esurientes implevit bonis*

Esurientes implevit bonis: et divites dimisit inanes. Suscepit Israel puerum suum, recordatus misericordiae suae. Sicut locutus est ad patres nostros, Abraham et semini eius in saecula.

*(He hath filled the hungry with good things: and the rich he hath sent empty away. He remembering his mercy hath holpen his servant Israel. As he promised to our forefathers, Abraham and his seed forever.)*

## 7. *Gloria Patri*

Gloria Patri, et Filio, et Spiritu Sancto.

*(Glory be to the Father, and to the Son, and to the Holy Ghost.)*

\* Sancta Maria, succurre miseris, iuva pusillanimes, refove flebiles: ora pro populo, intervini pro clero, intercede pro femineo sexu: sentiant omnes tuum iuvamen, quicumque tuum sanctum implorant auxilium. Alleluia

*\*(Antiphon at Feasts of the Blessed Virgin Mary)*

*(Holy Mary, succor to those in need, help the faint-hearted, support the weak: pray for the laity, assist the clergy, intercede for all devout women: may all feel the power of your help, whoever prays for your holy aid. Alleluia.)*

Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

*(As it was in the beginning, is now, and ever shall be, world without end. Amen.)*

*(English Translation of the Magnificat from the 1662 Book of Common Prayer)*

## **DONORS 2021-2022**

The Arlington Chorale gratefully acknowledges the donors on record for contributions from January 2021 through November 2022. Status level is determined by total contributions within the 2021 or 2022 calendar year, whichever is highest. The Arlington Chorale is a non-profit 501(c)3 organization.

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*Please join us downstairs for a reception with  
light refreshments after the performance.*

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## ABOUT THE CHORALE

The Chorale is a multi-generational chorus composed of members from Virginia, D.C., and Maryland. Singers come from a diverse range of professions and musical backgrounds, and members form strong connections with each other through musical rehearsals and fun social events. Performing a varied repertoire of smaller pieces and larger works for chorus and orchestra, some recent works include the Brahms Requiem, Beethoven's 9th Symphony, Gjeilo's "Song of the Universal," and Haydn's Lord Nelson Mass. For many seasons, the Chorale was honored to be part of the onstage chorus for the Messiah Sing-a-long at the Kennedy Center. Established in 1966, they have a long history of performing in special events, such as singing the national anthem at the MLB All-Star Game at Nationals Park, performing for the 40th anniversary of Arlington Thrive, and caroling at the Lee Highway Alliance Winter Festival of Lights. The Chorale also sponsors a youth outreach group called the Youth Community Council (YCC) that connects young singers ages 10-18 to other non-profits in the community, focusing on service through choral music.

Building on over fifty years of choral art, the Chorale continues to present ambitious programming, rehearsing and performing primarily in Arlington. Choral singing builds community, providing a space for members to work toward a common artistic goal as they create, connect, and sing together.

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In Season 2022/23, we are partnering with ReactDC, an organization that assists Afghan refugees. Students from the Youth Community Council have the opportunity to help run activities and provide music at several events for Afghan families, including a recent holiday event. We gratefully acknowledge the support of Child's Play Books & Games and Read Early And Daily for their assistance with this project.

CHILD'S PLAY!



# ARLINGTON CHORALE

## SEASON 2022/23

### CHRISTMAS JOY!

Saturday, December 10, 2022 at 5 PM  
Westover Baptist Church

### SOLACE AND REMEMBRANCE

Saturday, March 18, 2023 at 5 PM  
Westover Baptist Church

### WE STAND TOGETHER

Sunday, June 11, 2023 at 5 PM  
Unitarian Universalist Church of Arlington

TICKETS AND MORE INFORMATION AT  
[ARLINGTONCHORALE.ORG](http://ARLINGTONCHORALE.ORG)

*This project was supported in part by the Virginia Commission for the Arts, which receives support from the Virginia General Assembly and the National Endowment for the Arts, a federal agency.*



*This program is supported in part by Arlington County through Arlington Cultural Affairs, a division of Arlington Economic Development, and the Arlington Commission for the Arts.*

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