

*The Silver Strand*

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*The Silver Strand* is a lullaby sequence for unaccompanied choir, written in 1989 for Collegium Musicum. I drew my texts from many sources: from nursery rhymes, from Tagore and from contemporary poets David Sutton and John Fuller. I took from the Upanishads the words I used as a chorale text: 'Resting I wander afar - Sleeping I go everywhere'.

It is adapted from a longer work, *Stranded on My Heart*, for choir and string orchestra, written some years earlier. I described both pieces as 'lullabies for grown ups as well as children', and the dedication is 'to all my friends in the peace movement'.

*The Silver Strand* lasts about 12 minutes; its title is the name of the favourite beach of my childhood, in County Wicklow.

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