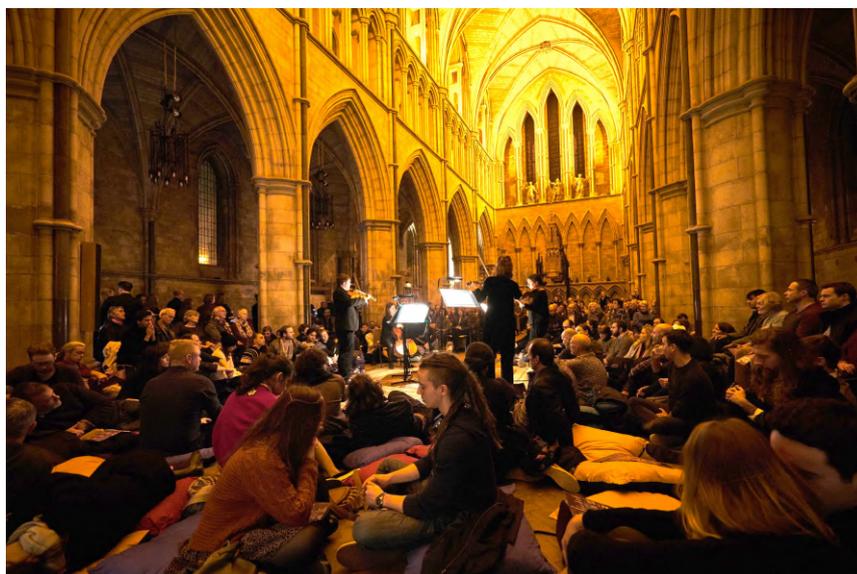


## City of London Sinfonia unites music and meditation in immersive UK Cathedrals tour



**3 October** Worcester

**4 October** Exeter

**5 October** Bristol

**9 October** Liverpool

**11 October** Sheffield

**12 October** Bradford

**17 October** Truro

**18 October** Llandaff

**23 October** Lichfield

**Pēteris Vasks** *The Fruit of Silence* (piano and strings)

**Arvo Pärt** *Summa*

**Dobrinka Tabakova** *Organum Light*

**Arvo Pärt** *Fratres*

**Pēteris Vasks** *The Fruit of Silence* (piano and choir)

**Dobrinka Tabakova** *Centuries of Meditations*

Taking inspiration from the architectural splendours of cathedrals across the nation, **City of London Sinfonia (CLS)** embarks on a series of musical evenings from **3-23 October** evoking the mystical atmosphere of these places of sanctuary both ancient and modern. In partnership with Friends of Cathedral Music, ***The Fruit of Silence Cathedrals Tour*** is the latest venture by CLS to offer seriously informal and immersive concert experiences in some of the UK's most beautiful cathedrals. Audience members can settle on cushions or wander the building freely in contemplative thought, listening to meditative works by **Arvo Pärt**, **Dobrinka Tabakova** and **Pēteris Vasks** interspersed by contemporary choral music performed by each Cathedral Choir.

Chief Executive **Matthew Swann** said:

*"Our Cathedrals Tour is a contemporary take on ancient musical traditions. We will celebrate the beautiful architecture and musical heritage of our cathedrals by inviting audiences to experience music in an immersive and interactive setting – answering a growing need for spirituality and ritual in busy modern lives with an informal and non-traditional approach, and moving, meditative contemporary music."*



### [Watch CLS's latest immersive experience in Southwark Cathedral](#)

Each concert culminates in Tabakova's ***Centuries of Meditations***, composed for strings, harp and choir by British-Bulgarian composer Dobrinka Tabakova (1980-) – one of 11 British classical pieces supported by the PRS Foundation's Resonate programme in the 2019-20 Season. The work celebrates cathedrals in all their splendour through four movements inspired by four stained glass windows in Hereford Cathedral, setting texts by philosopher Thomas Traherne (c.1637 – 1674).

*"If God, as verses say, a Spirit be  
We must in Spirit like the Deity  
Become: we must the Image of His mind  
And union with it, in our Spirit find."  
Thomas Traherne, Centuries of Meditations*



The Cathedrals Tour takes its title from Latvian composer **Pēteris Vasks' *The Fruit of Silence***. Setting words by Mother Teresa, the introspective writing traces a line between spirituality and peace. Two compositions by the revered Estonian composer **Arvo Pärt** draw inspiration from Gregorian chant, heard daily within cathedral walls: ***Fratres*** and ***Summa*** draw in the listener through the mesmerising variations on simple repeated diatonic phrases.

Touring their programme across the UK, City of London Sinfonia is joined by the Cathedral Choirs of each venue who perform choral works of their choice (such as James MacMillan's *A New Song* and Eric Whitacre's *A Seal Lullaby*), embracing CLS's immersive style of performing in different areas around the cathedrals.

*The Fruit of Silence* Cathedrals Tour is presented in partnership with Friends of Cathedral Music and is supported by the John Ellerman Foundation and using public funding by the National Lottery through Arts Council England. *Centuries of*

*Meditations* (Dobrinka Tabakova) is championed by Resonate, a PRS Foundation initiative in partnership with Association of British Orchestras, BBC Radio 3 and Boltini Trust.

City of London Sinfonia returns to London to finish the year with a literary flourish (in association with Faber Members) with two narrative programmes. ***In Place and Time*** pairs Benjamin Britten with T.S. Eliot (20 November in Southwark Cathedral), and a fairytale finish to the year sees CLS present Rimsky-Korsakov's ***Scheherazade: A Retelling for Our Times*** alongside the stories in *One Thousand and One Nights* (1 December in Queen Elizabeth Hall), featuring a diverse and riveting cast of narrators.

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City of London Sinfonia has for over 30 years been revitalised by social engagement and aims to deliver creative music projects with possible clinical and educational advantages, also giving their musicians a renewed sense of music's worth beyond the concert platform.

From 2017 to 2020, City of London Sinfonia takes part in a three-year residency in the **Bethlem and Maudsley Hospital School**. The school is attended by pupils aged 8-18 who are resident and day patients at the psychiatric hospital. The young people present a broad range of mental health illnesses and come from across London and other areas of the UK.

CLS's artists and musicians work alongside students and staff to deliver a range of creative projects using instruments and technology that respond to the Orchestra's artistic programmes. In these projects, the young people's musical skills are developed through composition, singing, listening and performance, and they are provided with opportunities to work together, express themselves and build confidence and self-esteem. Similar thinking underscores CLS's programme at **Headway East London**, the centre for survivors of brain injuries. In October and November, the focus at Bethlem and Maudsley Hospital School is on the colliding worlds of Steve Reich and Philip Glass in advance of the orchestra's performance series in Spring 2020.

Young pupils involved in the **Creative Primary School Projects** are exploring musical storytelling to accompany the orchestra's late autumn literary theme. Working with children aged 5-7 (Key Stage 1) in Tower Hamlets and Harrow, the Creative Primary School Projects aim to enthuse and inspire young people's interest in classical music by introducing them to orchestral instruments and repertoire through creative music-making and performance. Approximately 540 children, including some from some of London's most deprived areas, take part in the creative primaries projects each year and for many it is their first step towards musical learning and appreciation.

The Orchestra's **Comfortable Classical** series introduces live performances of classical music in a welcoming and relaxed concert environment for everyone, including those with autism, dementia, and sensory impairments. This September, CLS performs as part of the Albany's *Age Against the Machine Festival*, with concerts on **23 and 24 September** in **Catford, Honor Oak and Downham**.

The lunchtime concerts include introductions from the musicians and feature carefully chosen themed repertoire, including engaging works by Ligeti, Tabakova, and Milhaud. Audience members can sit on cushions, take part in relaxation activities such as drawing, colouring or knitting, and are able to use a designated quiet area if necessary.

## **Cathedrals Tour: The Fruit of Silence**

**Thursday 3 October, 19:30**

Worcester Cathedral

**Friday 4 October, 19:30**

Exeter Cathedral

**Saturday 5 October, 19:30**

Bristol Cathedral

**Wednesday 9 October, 19:00**

Liverpool Cathedral

**Friday 11 October, 19:30**

Sheffield Cathedral

**Saturday 12 October, 19:00**

Bradford Cathedral

**Thursday 17 October, 19:30\***

Truro Cathedral

**Friday 18 October, 19:00**

Llandaff Cathedral

**Wednesday 23 October, 19:30**

Lichfield Cathedral

**Pēteris Vasks** *The Fruit of Silence*  
(piano and strings)

**Arvo Pärt** *Summa*

**Dobrinka Tabakova** *Organum Light*

**Arvo Pärt** *Fratres*

**Pēteris Vasks** *The Fruit of Silence*  
(piano and choir)

**Dobrinka Tabakova** *Centuries of  
Meditations*

With choral works provided by the  
**Cathedral Choirs** of Worcester,  
Exeter, Bristol, Liverpool, Sheffield,  
Bradford, Truro, Llandaff and  
Lichfield's Sarum Voices

**City of London Sinfonia**

\* To be broadcast on **BBC Radio 3** on  
**Tuesday 29 October**

## **Full Autumn Season**

**Monday 23 September, 14:30**

Torrison Road Library, Catford

**Tuesday 24 September, 11:30**

Honor Oak Community Centre

**Tuesday 24 September, 14:30**

Downham Health and Leisure Centre

**Comfortable Classical**

**Wednesday 20 November, 19:30**

Southwark Cathedral

***In Place and Time: Britten and T.S.  
Eliot***

**Britten** *Canticle V (The Death of Saint  
Narcissus)*

**Eliot** *Ash Wednesday*

**Britten** *Serenade for tenor, horn and  
strings*

**Eliot** *Little Gidding from Four Quartets*

**Britten** *Variations on a Theme of  
Frank Bridge*

**Alexandra Wood** director/violin

**Stephen Stirling** French horn

**Joshua Ellicott** tenor

**Sunday 1 December, 15:00**

Queen Elizabeth Hall

***Scheherazade: A retelling for our  
times***

**Rimsky-Korsakov** *Scheherazade*

**Ben Gernon** conductor

**Ruth Padel, DBC Pierre, Daljit**

**Nagra, Hanan al-Shaykh**

authors/narrators

## City of London Sinfonia

City of London Sinfonia (CLS) is the orchestral home to over 40 outstanding professional musicians who come together in the shared belief that music has the power to transform the lives of people across all areas of society. They bring a distinctive, seriously informal style to everything they do, breaking down the barriers between their musicians and audiences – whether performing on a world-famous music stage or sharing musical, creative experiences with residents in care homes and hospital schools.

Led by Creative Director and Leader Alexandra Wood, CLS conceives and delivers innovative artistic programmes with associate partners and artists, including project leaders with specialist skills, musicians in classical, jazz, folk and contemporary music, and artists in film, dance or visual art. The imaginative concepts and themes – often relating to science, nature, history or philosophy – influence and inform their wellbeing and education projects just as much as their concert series, bringing the adventure, intrigue and enjoyment of these programmes to all their audiences. In May 2019, their *Absolute Bird* programme culminated in sound installations of music created by the young people of Bethlem and Maudsley Hospital School and the community at Headway East London, celebrating the participants' nature-driven work by giving their compositions a legacy beyond the creative sessions.

CLS's 2019–20 Season of concerts sees the Orchestra tour to nine cathedrals around the UK, from Truro to Bradford, to perform contemporary and meditative music in *The Fruit of Silence*; collaborate with Faber & Faber at Southwark Cathedral, in a special performance devoted to music and words by Benjamin Britten and TS Eliot; and offer a modern retelling of stories from *One Thousand and One Nights* with renowned writers – from diverse UK voices to the Arabic world – alongside Rimsky-Korsakov's *Scheherazade* at Southbank Centre's Queen Elizabeth Hall. The Orchestra also continues its Comfortable Classical series of relaxed performances, led by CLS musicians, appearing at several venues as part of the Albany Deptford's *Age Against the Machine Festival*.

The Orchestra enjoys its partnerships with a diverse range of artists, including Genevieve Lacey, Soumik Datta, Brett Dean, Sam Lee, Sian Edwards and Roderick Williams OBE, giving over 75 performances every year anywhere from an East London club to an international concert hall, and in its residencies at Opera Holland Park and St Paul's Cathedral. Special engagements in recent years have included tours to Mexico, Japan and Ireland, and recordings such as *King of Ghosts* with sarodist and composer Soumik Datta (Globe Music, 2017), Stuart Hancock's *We're Going on a Bear Hunt* (Sony Classical, 2017) and *Hana Wa Saku* ('Flowers will bloom'), a collection of Japanese folksongs (Nimbus Alliance, 2016).

In 2018, CLS pioneered *Mindful Music*, a programme aiming to improve mental health and wellbeing in the workplace through a combination of live music and mindful meditation. The Orchestra also produces *We're Going on a Bear Hunt – Live in Concert*, a live orchestral screening of Lupus Films' animation and Stuart Hancock's award-winning score, in association with Intermusica.

[cls.co.uk](http://cls.co.uk)

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