

Choosing Joy: Personal Narrative

- Know the end at the beginning:
 - Kimberly's breast cancer diagnosis came July 18th, 2016,
 - 53 weeks after marriage,
 - 1 week after buying our first house.
 - Today, Kimberly is a survivor.
- I've been surveying the role music could play in our continued healing, and moving forward, and in the journeys of others with cancer.
- Purpose of the recital is to use music to speak to the feelings, struggles and emotions we felt through our cancer journey.
- Music connects. Using our story, we hope to connect everyone who: has cancer now, fought cancer in past, was a caretaker, knew someone with cancer, or never been close to a cancer journey.

Performance: Jocelyn Morlock *The Jack Pine*

- The cones from a Jack Pine tree survive years on a forest floor, opening up after a forest fire. Thus, Jack Pine trees are often the first to repopulate a barren, desolate, burnt forest.
- My dear wife Kimberly, has always been a shining example of life no matter the darkness or bareness of what she's going through.
- Introduce Kenosis: Amidst chaos and busyness, rest emerges.
- Kenosis achieves this rest through the self emptying of one's will (to make room for God's

Performance: Garrett Hope *Kenosis*

- Introduce Brahms: happiest piece in a major key.
- Going through cancer or not, people hide sadness with a smile
- All the more so during cancer. It's easy to see cancer as a brief moment in time, but it's a long journey, day to day you have to go about your normal life, hiding that sadness.

Performance: Johannes Brahms, *Ballade Op. 10, No. 4 in B*

- Barber represents anger and agitation. The feeling of "why is this happening to me/this is unfair".
- Dark piece, no moment of light or happiness.

Performance: Samuel Barber, *Ballade*

- Beach's *Ballad* is based on a love song, which says there's no time too long or distance too far for the one you love.
- Cancer strengthens love.
- Not just romantic love: I was told after Kimberly's diagnosis that "Cancer brings out the best in people". You discover the networks of people in your life whose love makes the journey easier:
- Large and small acts of kindness and thoughtfulness make a huge difference, the journey less lonely.

Performance: Amy Beach, *Ballad, Op. 6*

- Eroica = hero = battle and celebrating victory
- Kimberly is a survivor, but she always celebrated joy (which happens to be her middle name).
- You have to CHOOSE joy, purposefully every day. Kimberly says "...joy is different than happiness. And life is hard and sometimes you need to hold on to joy in your clenched fist and refuse to let it go."
- She was better at that than me more often than not!

Performance: Ludwig van Beethoven, *Eroica Variations, Op. 35*