

Transitions

An Adventure in Music and Words

Bristol Music Club

26 October 2023

A benefit for

BORDERLANDS

Borderlands supports refugees and asylum seekers in Bristol

Transitions

(about 55 mins)

Many years ago I wrote a wind quintet, which I entitled *Transition*. The music had elements of rapid movement and slow reflection. Its mood and style were constantly shifting. This became the starting point for the *Transitions* project.

At some point I had the idea of including a spoken word element. We all go through changes in our lives; some go smoothly, some are more tricky to navigate. Some people are confronted with horrendously difficult situations, which they have to somehow respond to. For other people, life can seem straightforward for many years, but then suddenly an unexpected challenge or opportunity can arise.

I interviewed some of my friends and family, writing down their responses to the following:

- Tell me about some of the changes you are going through.
- How do you feel about these changes?
- How do you think you yourself might change?
- What would you like to say to the people around you, to help them understand what you are going through?

I asked Charlotte Beedell if she would speak these people's words as part of the performance of *Transitions*. Charlotte agreed, and she also put me in touch with some Borderlands members, whose words will be among those you hear.

In the meantime, I wrote more instrumental music, incorporating extra instruments. I added two songs, and started to assemble a group of musicians. By early 2020 the project was nearly ready to go; then came lockdown. When normal life resumed the project came to life again.

This evening you will hear music in a wide variety of styles, with different instrumentation in each of the sections, listed here:

1. Farewell
2. Blues
3. Flute solo
4. Going for Gold (song)
5. Journey
6. Locomotion (recorded electronic piece)
7. Submission
8. The State I'm in (song)
9. Transmission 1
10. Transmission 2
11. Conclusion

Charlotte will read out people's reflections on their life changes, both in between the musical sections, and sometimes while the music is playing. Each person is identified only by an initial or initials, which will be shown on Charlotte's flipchart.

John Guilfoyle

October 2023

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Music and lyrics by **John Guilfoyle**

Charlotte Beedell – spoken word

The band

Bob Chapman – trombone

Caroline Coleman – oboe

Catherine Deas – lead vocals on *Going for Gold*

John Guilfoyle – bass guitar, guitar, lead vocals on
The State I'm In

Steve Jacobson – percussion

Catherine Ridley – clarinet

Bill Roberts – piano, backing vocals

Rob Vasey – guitars, bass guitar, backing vocals

Malcolm Woodrow – flute

Will Young – trumpet

Sound Engineer – **Richard Lobb**

<https://www.johnguilfoyle.co.uk/>