

This Same Venom

for flute, oboe, and bassoon

Alexa Letourneau

Goddamn Ham Sandwich
or Love as a Form of Grief

I sat for over two hours
tonight -
still, quiet,
alone -
staring at a goddamn ham sandwich.

I bought it so suddenly.
Realizing that a full twenty-four hours has passed
since I last ate anything,
I was eager to escape my own patterns.

Yet I sat at my desk for so long,
letting the hour-count rise even further.
My stomach was as empty as my appetite,
my memory full and bloated
enough for the lot of them.

This isn't the first time
I thought about you.
Songs, shows, foods, phrases -
so many things can bring back
the handful of good memories
I refused to let go.

I've had the recurring what-ifs
play a few too many times too.
What if I could talk to you one more time?
What if I saw you out in the world somehow?

What if I was just a little better,
a little more receptive,
a little more attentive,
given a little more for you?

It's already been so long -
What if I really never see you again?
What if I really never see you again?

What if I really never see you again?

It's been said that
the end of a relationship can feel like the death of a loved
one.

That grief will find another vein to sink its teeth in
and fill it with venom.

But grief hurts so much more
when you are the only one in the world
who can't hear their voice.

I told you that we needed to break up
after over three years of Netflix
and nights that were usually far too long,
but sometimes not long enough.

I watched you deny it,
bargain for another week or day or hour,
pace around the tear marks on your shirt and floor,
and kick me out of your room with thunder
shutting the door between us.

I stared at a stupid goddamn sandwich today
after finding out about your girlfriend yesterday.

I was so delighted at first,
so happy that I was only a chapter and not the story -
but then I heard that you've been with her
since the day the lightning divided us.
I'm trapped in so many questions.

Did your grief only live
within a thirty minute fight?
When it was tense before it was laid to rest,
was she sucking out the venom
before the bite?
What if I'm too poisoned
to catch up to where you are?
What if she hides her sadness
behind the same smile I once wore
to stop your anger and disappointment?

What does she see now? Does her mirror stare
back with my reflection of us half a year in -
Terrified of how much I loved you?
Or maybe it weeps with the image of us
after two and a half years - loving you
out of fear?

What if she will be alone in two years,
struck by **this same venom**,
unable to self-advocate while your teeth
are in someone else's throat?
Will she carry this same shame of
being too afraid of honesty,
willing to take the rain from your eyes,
but not the shock from your mouth?

Right now, I only want two things -
You - happy, loving, living, thriving,
fireworks firing from fingertips
without me lighting the fuse.

And me, able to eat this goddamn ham sandwich.

You and I had synced our eating schedules
so we would make sure
neither of us skipped a meal.
That rhythm has been broken for years.

I've found my own since then.
But right now it sounds like two familiar songs
playing in my head at the same time.
The beats, the words, the moves -
so jumbled, so scattered.

This headache only grows worse
with the sound of the paper unwrapping.

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for flute, oboe, and bassoon

Alexa Letourneau

5'30"

October 2022



x noteheads followed by scoops or falls indicate breathing audibly in rhythm; notated on the middle line with a scoop indicates inhale, while second line with a fall indicates exhale. This may be done with or without the instrument, at any audible volume.



Hairpins with a circled tip indicate to or from niente

All grace notes are to be played before the beat.

Throughout all meter changes, the eighth note remains consistent.

This Same Venom

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Meditative and ritualistic ♩ = 69

Flute, Oboe, and Bassoon parts. Each part has two measures of rests followed by a measure of eighth-note patterns labeled "inhale exhale". The measures are divided by double vertical bar lines. The time signature changes to 3/4 for the last measure of each section.

Flute, Oboe, and Bassoon parts. Measure 4 starts with a measure of rests. Measures 5-6 show eighth-note patterns with dynamics pp and p. Measures 7-8 show sustained notes with dynamics pp and p. The time signature changes to 4/4 for the first measure of the section.

Flute, Oboe, and Bassoon parts. Measures 9-10 show eighth-note patterns with dynamics p and mp. Measures 11-12 show sustained notes with dynamics p and mp. The time signature changes to 3/4 for the first measure of the section.

This Same Venom
full score

2

(13) (3+2)

Fl.

Ob.

Bsn.

14

p

17

19

accel.

Fl.

Ob.

Bsn.

19

mf

mf

20

accel.

21

24

Nostalgic $\text{♩} = 84$

Fl.

Ob.

Bsn.

24

Nostalgic $\text{♩} = 84$

p

mf

fp

fp

This Same Venom
full score

26

Fl. Ob. Bsn.

mp f p

f p

p

====

31 32

Fl. Ob. Bsn.

mf mf mp

f sfp

====

35

Fl. Ob. Bsn.

p

(2+3)

5/8 4/4

p

(39)

Fl.

Ob.

Bsn.

(3+2)

41

mf

mf

mf



(42)

Fl.

Ob.

Bsn.

(2+2+2+3)

(2+2+3)

f

f

pp

pp

p



(46)

Fl.

Ob.

Bsn.

(2+3)

ppp

ppp

pp

mp marcato

mp marcato

pp

49

This Same Venom full score

50

Fl.

Ob.

Bsn.

mp marcato

Tutti SCORE

Musical score for Flute (Fl.), Oboe (Ob.), and Bassoon (Bsn.) in 4/4 time, key signature of four sharps. The score consists of two systems separated by a repeat sign. In the first system, the Flute plays eighth-note patterns, the Oboe plays eighth-note patterns with grace notes and slurs, and the Bassoon plays eighth-note patterns with accents. Measure 53 starts with a dynamic *sfp*. The second system begins with a dynamic *f*, followed by *accel.* (accelerando). The Flute has sixteenth-note patterns with grace notes. The Oboe has eighth-note patterns with slurs and grace notes. The Bassoon has eighth-note patterns with accents and grace notes.

This Same Venom full score

6

58

Fl. *mp* *f* *p sub.* *f*

Ob. *mp* *p* *mf*

Bsn. *f* *fp*

Musical score for Flute (Fl.), Oboe (Ob.), and Bassoon (Bsn.) in 3/4 time. The score consists of three staves. The Flute and Oboe play eighth-note patterns with grace notes, while the Bassoon provides harmonic support. Measure 61 starts with a dynamic of *p*, followed by *pp*, *mp*, and *f dolce*. The section ends with a dynamic of *mp*. The score includes performance instructions such as "ritardando, molto rubato" and measure numbers 38 and 39.

64

65

Lugubrious ♩ = 96

(2+3+2) (2+2+3)

Fl.

Ob.

Bsn.

mp

pp

p

f

64

65

66

This Same Venom
full score

(2+3) 70 Aprehensive ♩ = 58

Fl. 68 (2+3) 70 Aprehensive ♩ = 58

Ob.

Bsn.

70 Aprehensive ♩ = 58



71

Fl.

Ob.

Bsn.

fp

(f)

fp < mf



74

75

Fl.

Ob.

Bsn.

f

mp

p

bell-like

p

bell-like

p

This Same Venom
full score

8

(77)

Fl.

Ob.

Bsn.

f

ff

bell-like



(81)

Fl.

Ob.

Bsn.

p sub.

**not a triplet!*

(2+3)



(85)

Fl.

Ob.

Bsn.

p

mf

f

f

sfp

pp

accel. poco a poco

(2+3)

3 bars rest →

87

This Same Venom
full score

90

Fl. *pp*

Ob.

Bsn.

cresc. poco a poco

cresc. poco a poco

cresc. poco a poco

==

93

Fl.

(*cresc.*)

Ob.

(*cresc.*)

Bsn.

(*cresc.*)

==

97

Fl.

(*cresc.*)

Ob.

(*cresc.*)

Bsn.

(*cresc.*)

(2+3+2+2)

100

Unhinged, go ham! ♩ = 176

Musical score for Flute (Fl.), Oboe (Ob.), and Bassoon (Bsn.) in 2/4 time. Key signature: F major (one sharp). Measure 100 starts with Flute playing eighth-note pairs, Oboe playing eighth-note pairs, and Bassoon playing eighth-note pairs. Dynamics: *f*. Measures 2-3 show similar patterns with some variations. Measure 3 ends with a repeat sign.

Musical score for Flute (Fl.), Oboe (Ob.), and Bassoon (Bsn.) in 2/4 time. Key signature: F major (one sharp). Measure 103 starts with Flute playing eighth-note pairs, Oboe playing eighth-note pairs, and Bassoon playing eighth-note pairs. Dynamics: *ff*, *p sub.* Measures 2-3 show similar patterns with some variations. Measure 3 ends with a repeat sign.

Musical score for Flute (Fl.), Oboe (Ob.), and Bassoon (Bsn.) in 2/4 time. Key signature: F major (one sharp). Measure 106 starts with Flute playing eighth-note pairs, Oboe playing eighth-note pairs, and Bassoon playing eighth-note pairs. Dynamics: *fff*. Measures 2-3 show similar patterns with some variations. Measure 3 ends with a repeat sign. The word "FREEZE!" appears three times in the score.

Flute

This Same Venom

for flute, oboe, and bassoon

Alexa Letourneau

Meditative and ritualistic $\text{♩} = 69$

Musical score for flute, page 1. The score consists of two staves. The top staff shows a single measure of music with a tempo of $\text{♩} = 69$. The instruction "inhale exhale" is written above the staff. The bottom staff shows a measure of music with a key signature of one sharp. Measures 1 and 2 are identical, featuring eighth-note patterns with grace notes and slurs. Measure 3 begins with a change in key signature to three sharps.

[6]

Musical score for flute, page 2. The score consists of two staves. The top staff shows a measure of music with a key signature of one sharp. The bottom staff shows a measure of music with a key signature of four sharps. The dynamic p is indicated below the staff.

11

Musical score for flute, page 3. The score consists of two staves. The top staff shows a measure of music with a key signature of one sharp. The bottom staff shows a measure of music with a key signature of four sharps. The dynamics p , mp , and pp are indicated below the staff. Measure 11 ends with a measure of music with a key signature of four sharps, followed by a measure of music with a key signature of five sharps. The dynamic p is indicated below the staff.

17

Musical score for flute, page 4. The score consists of two staves. The top staff shows a measure of music with a key signature of one sharp. The bottom staff shows a measure of music with a key signature of four sharps. The dynamic mf is indicated below the staff. Measure 17 ends with a measure of music with a key signature of four sharps, followed by a measure of music with a key signature of five sharps. The dynamic p is indicated below the staff.

[19]

accel.

23

Musical score for flute, page 5. The score consists of two staves. The top staff shows a measure of music with a key signature of one sharp. The bottom staff shows a measure of music with a key signature of four sharps. The dynamic mf is indicated below the staff. Measure 23 ends with a measure of music with a key signature of four sharps, followed by a measure of music with a key signature of three sharps. The dynamic f is indicated below the staff.

29

[32]

Musical score for flute, page 6. The score consists of two staves. The top staff shows a measure of music with a key signature of one sharp. The bottom staff shows a measure of music with a key signature of four sharps. The dynamic p is indicated below the staff. Measure 29 ends with a measure of music with a key signature of four sharps, followed by a measure of music with a key signature of three sharps. The dynamic mf is indicated below the staff.

35

(2+3)

p

39

(3+2)

41

(2+2+2+3)

mf

43

(2+2+3)

(2+3)

f

pp

ppp

48

49

mp marcato

mp

53

accel.

sf

f

5

56

57

Anxiously ♩ = 96

fp

pp

mp

59

f

p sub.

f

3

62 *ritardando, molto rubato*

pp *mp*

65

Lugubrious ♫ = 96

(2+3+2)

(2+3+2) (2+2+3)

mp

11 12

70

Aprehensive $\downarrow = 58$

72

75

fp < f > > > mp p

76

bell-like

80

(2+3)

80 (2+3)

84

(2+3)

3 bars rest →

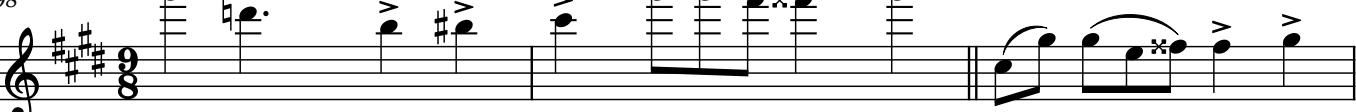
87

87 *molto accel.* ——————

[87-89] **pp** *cresc. poco a poco* ——————
—————

94 ——————

(*cresc.*) ——————
—————

100 **[100]** **Unhinged, go ham! ♩ = 176**
(2+3+2+2) ——————
98 ——————

(*cresc.*) —————— **f** ——————
—————

101 ——————

————— **ff** ——————
—————

104 ——————

p sub. ——————
—————

107 ——————

fff ——————
—————
FREEZE! // ——————

Oboe

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Meditative and ritualistic ♩ = 58

inhale exhale

6

pp **p** **p** **mp**

13 (3+2)

p

18 **19** **accel.**

mf **mp** **mf**

24 **Nostalgic ♩ = 84**

fp **f**

30 **32**

p **mf** **mp**

35 (2+3)

p

38 (3+2) **41** (2+2+2+3)

mf

43 (2+2+3) (2+3)

f pp ppp

48 **49**

mp marcato accel.

52

sfp f

57

Anxiously ♩ = 96

fp pp mp

ritardando, molto rubato

60

p mf p f

65

Lugubrious ♩ = 48

(2+3+2) (2+2+3)

pp p

(2+3)

69 (2+2+3) **70** Aprehensive ♩ = 58

f

73

75

bell-like

78

(2+3)

p sub.

*not a triplet!

84

(2+3)

87 *molto accel.*

2

{87-88}

pp

90

cresc. poco a poco

94

(cresc.)

100

Unhinged, go ham! $\text{♩} = 176$

98 (2+3+2+2)

(cresc.)

f

103

ff

p sub.

106

FREEZE!

fff

Bassoon

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Meditative and ritualistic ♩ = 58
inhale exhale

6

12

19 accel.

24 Nostalgic ♩ = 84

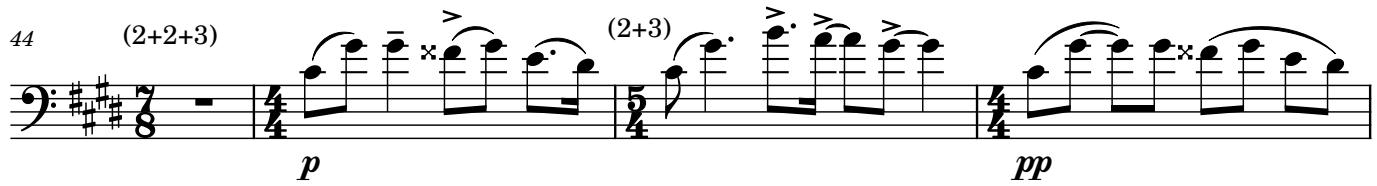
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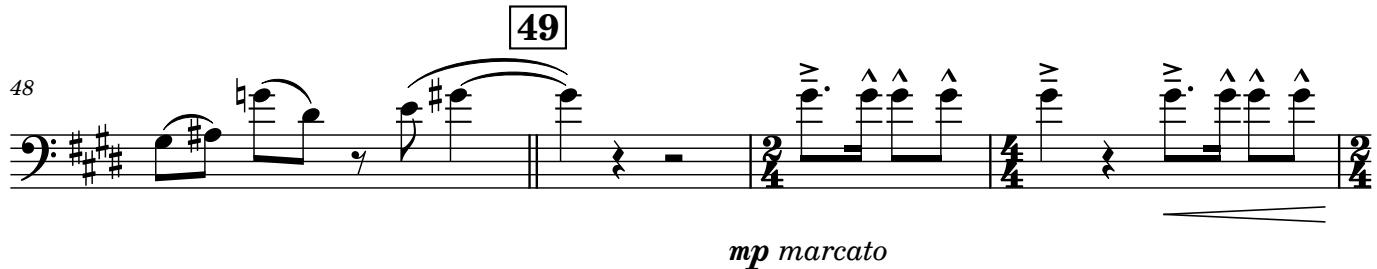
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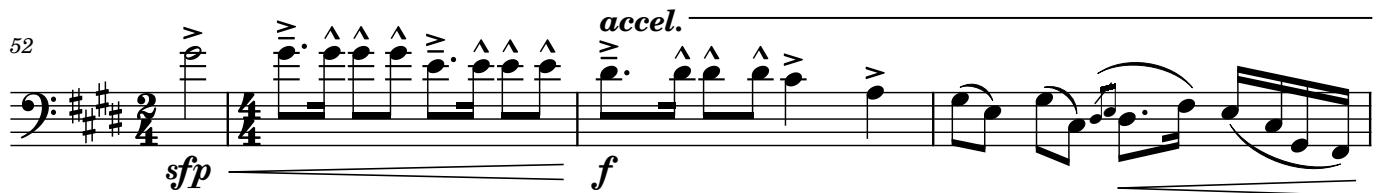
38

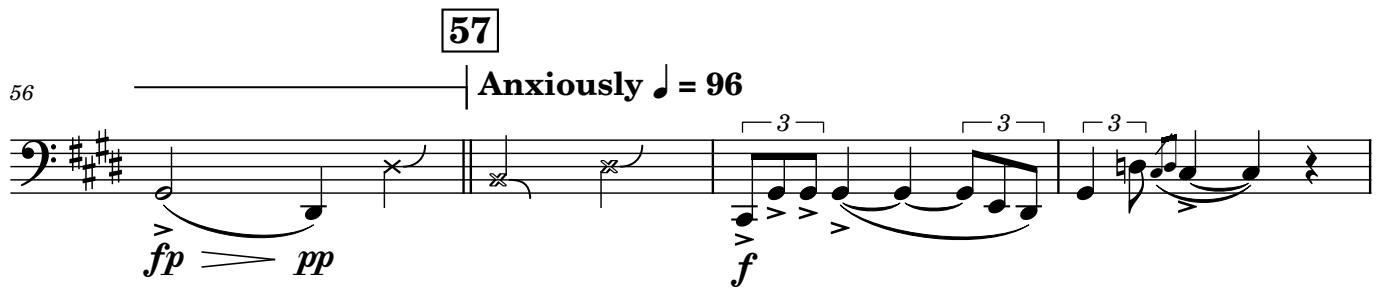
41 (2+2+2+3) 2

[42-43]

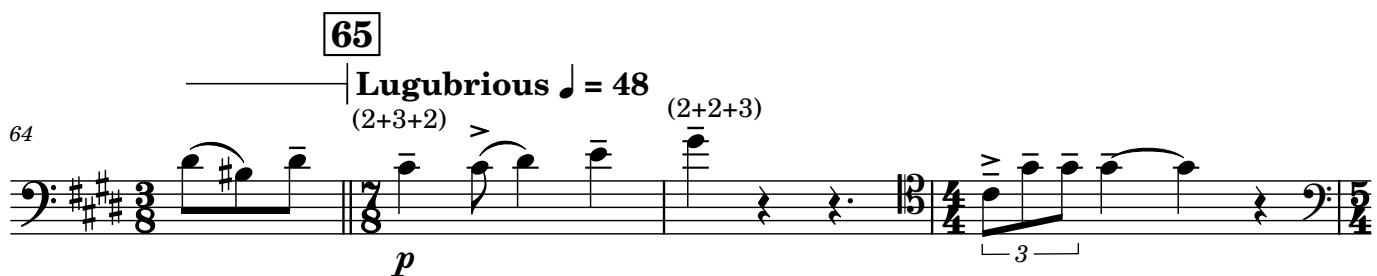
44 (2+2+3) 

48 **49** 

52 **accel.** 

56 **57** **Anxiously** $\text{♩} = 96$ 

60 

64 **65** **Lugubrious** $\text{♩} = 48$ 

68 **70** **Aprehensive** $\text{♩} = 58$ 

This Same Venom
full score

72

75

bell-like

fp < mf

p

78

(2+3)

87

86 (2+3) ***molto accel.***

f

sfpp

91

cresc. poco a poco

96

(cresc.)

100**Unhinged, go ham! $\text{♩} = 176$**

f

ff

p sub.

105

FREEZE!

fff