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.

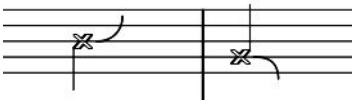
from *which will tip the scales* by Johnny Whitfield

This Same Venom

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

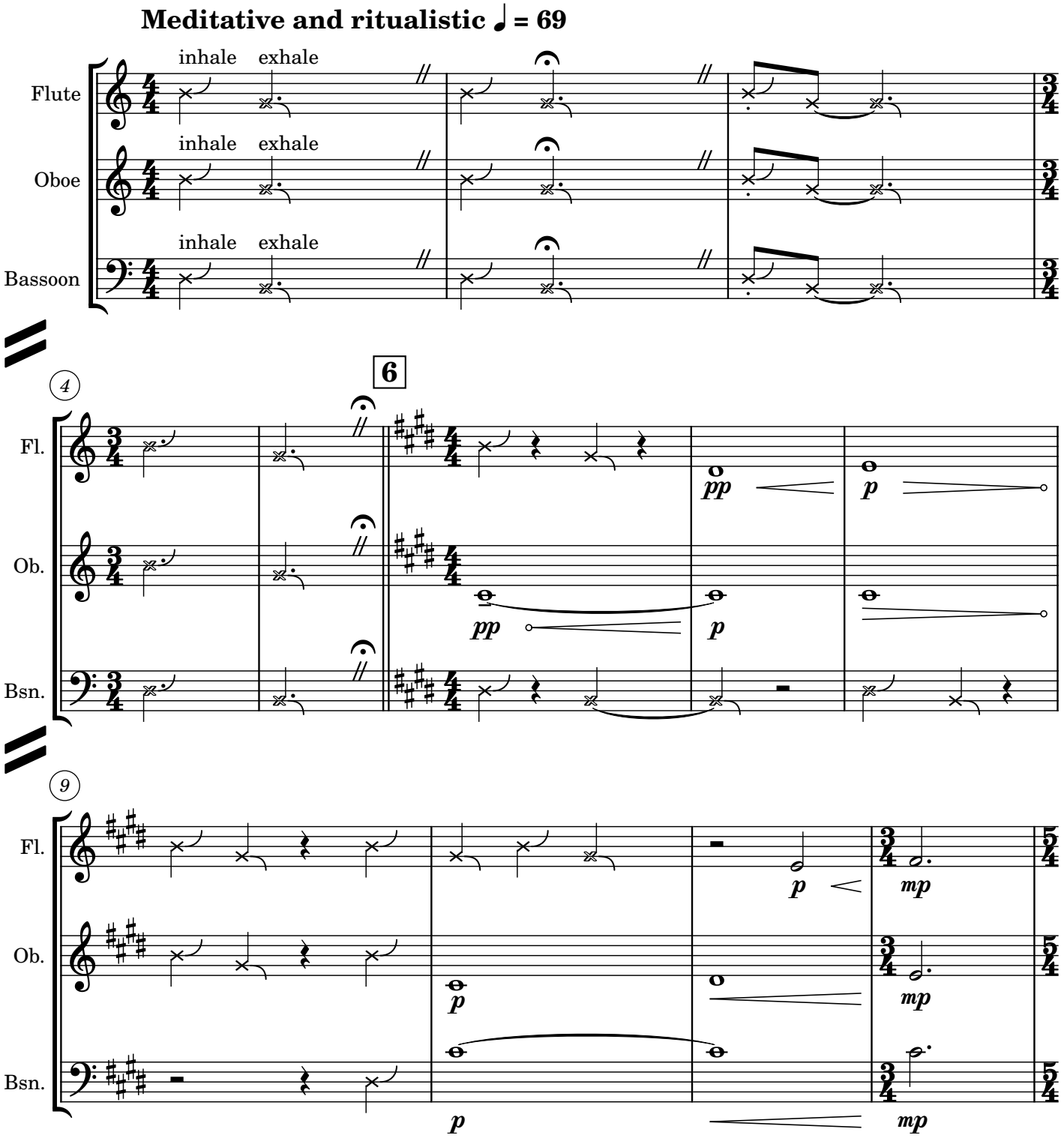
All grace notes are to be played before the beat.

Throughout all meter changes, the eighth note remains consistent.

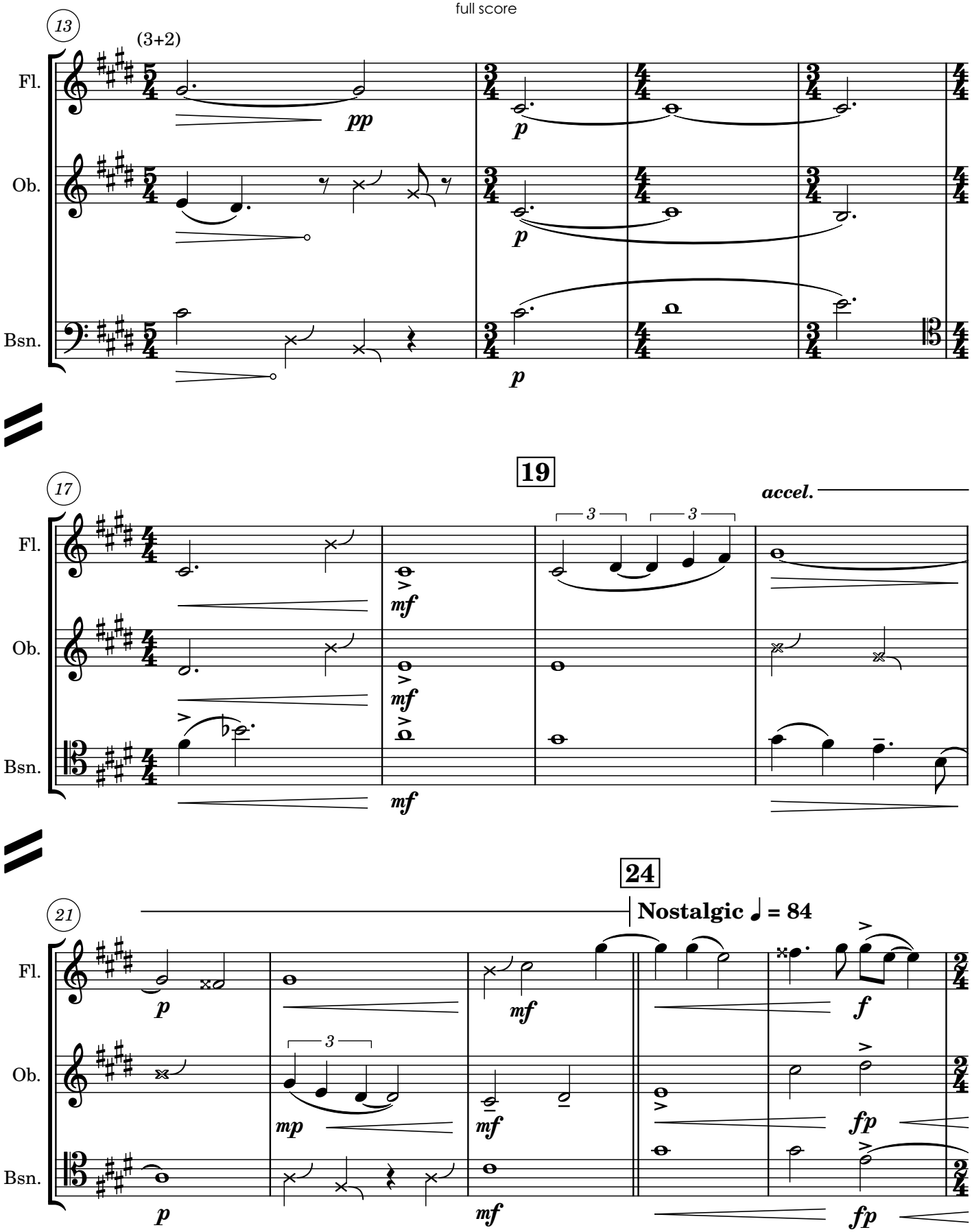
This Same Venom

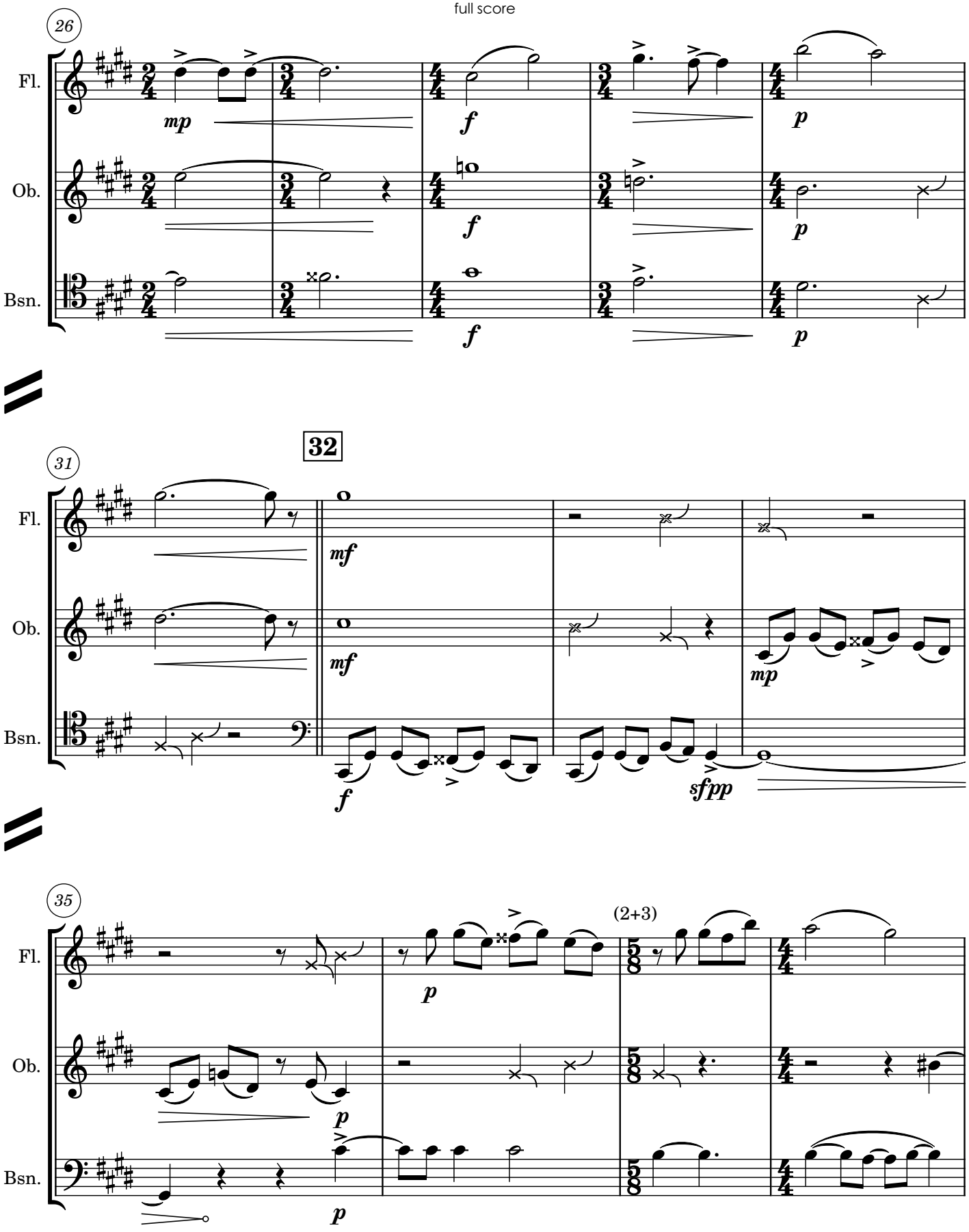
for flute, oboe, and bassoon

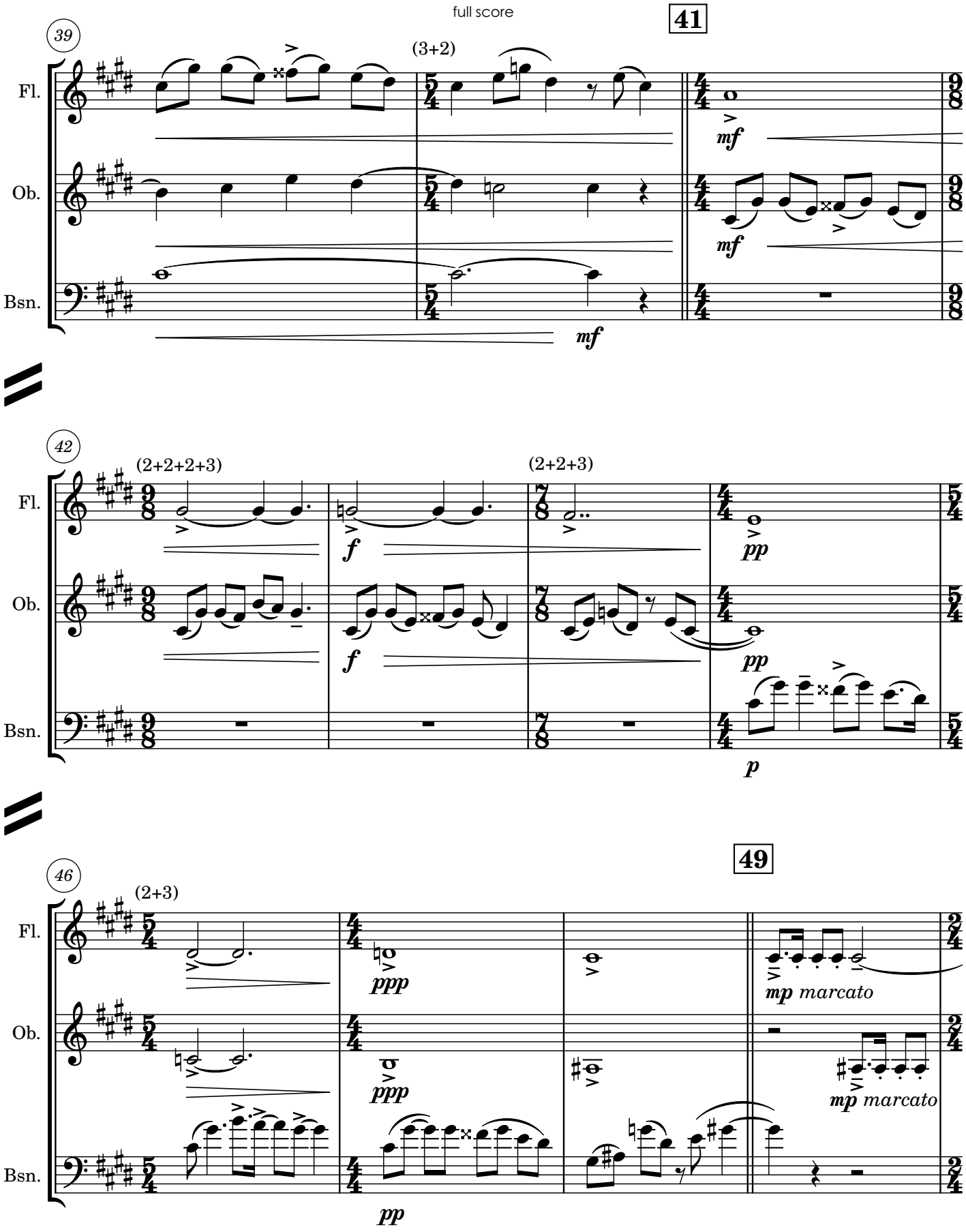
Alexa Letourneau

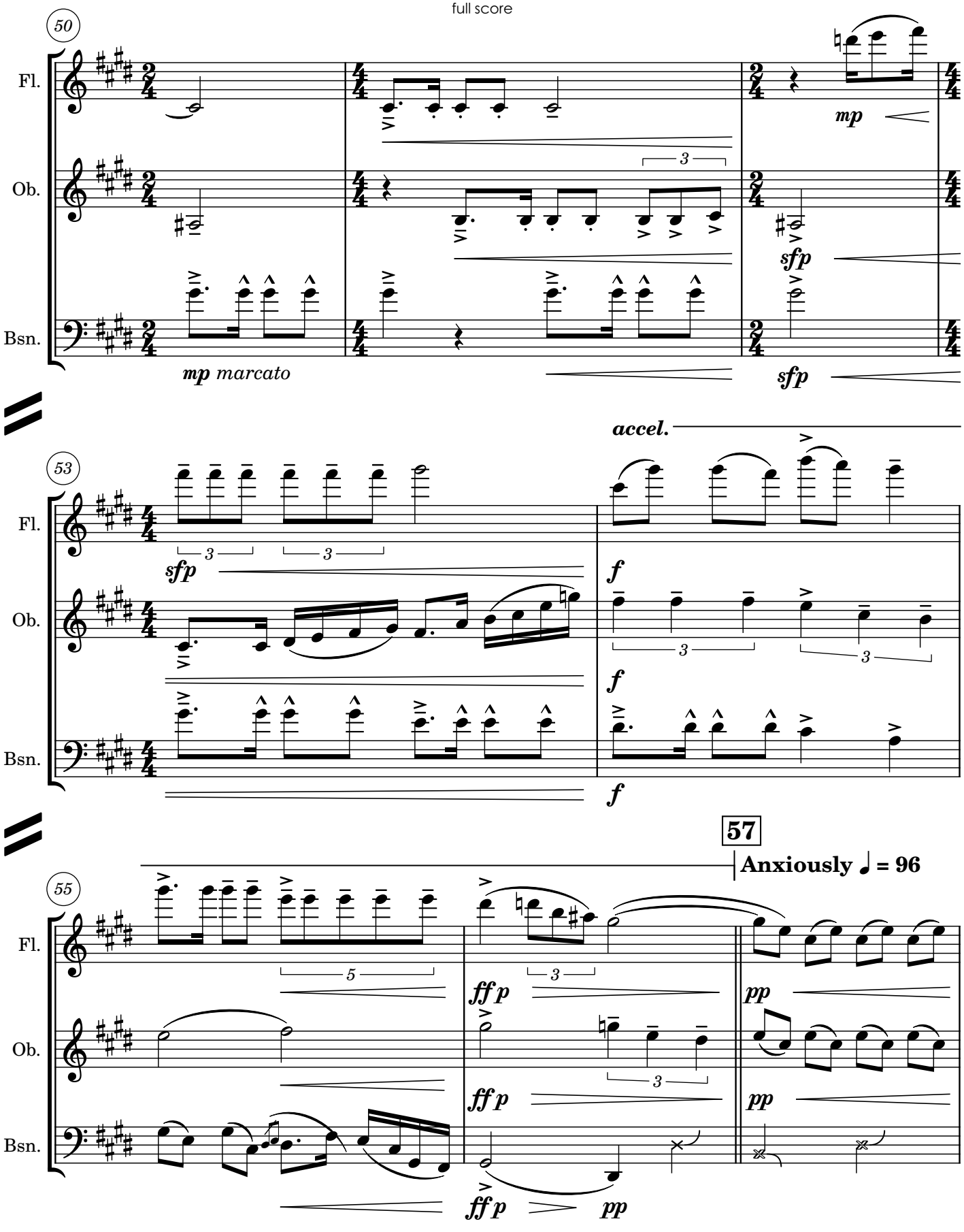


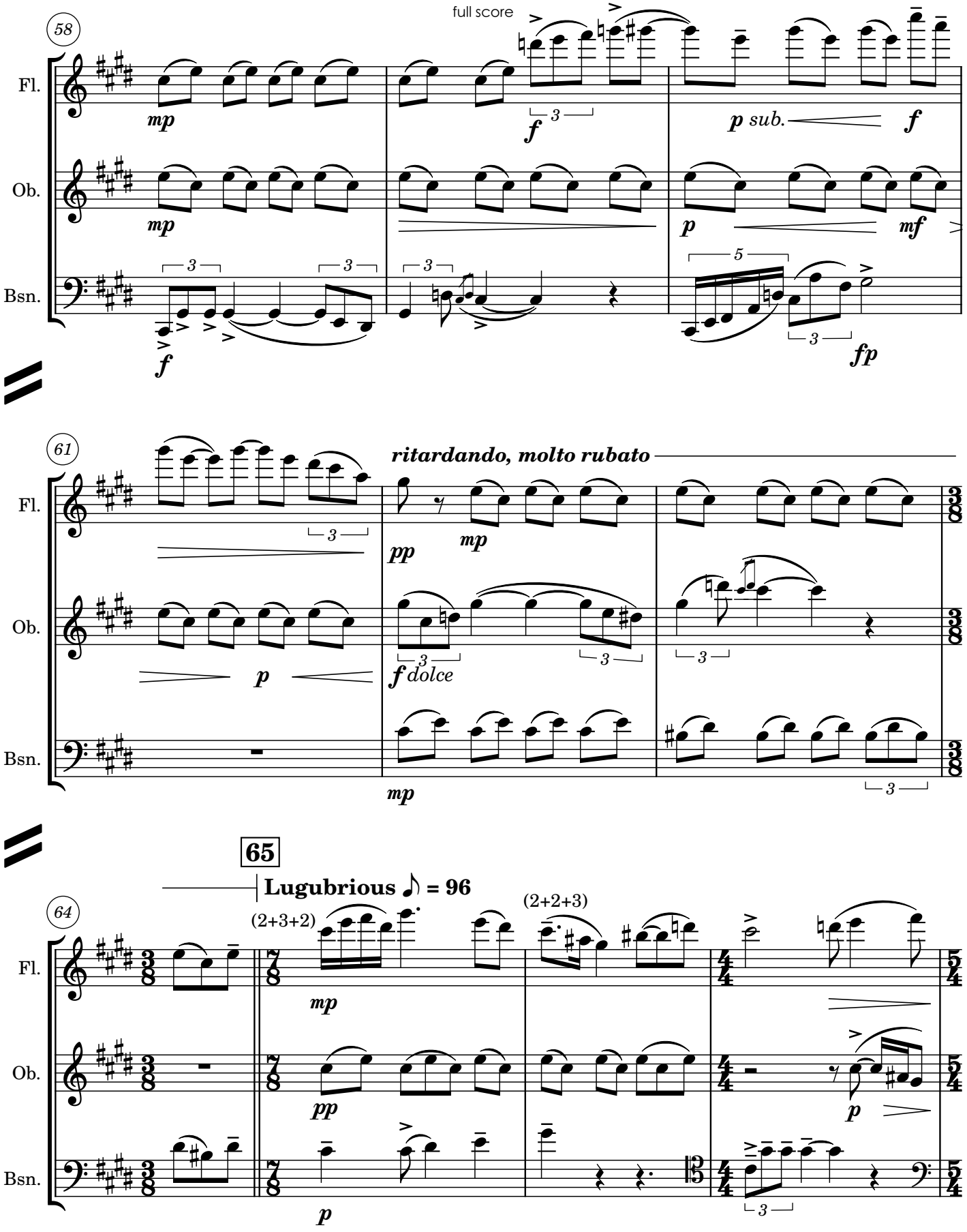
© 2022 ALEXA LETOURNEAU (BMI) ALL RIGHTS RESERVED
Questions? say hello: alexaletourneaumusic@gmail.com
alexaletourneau.com

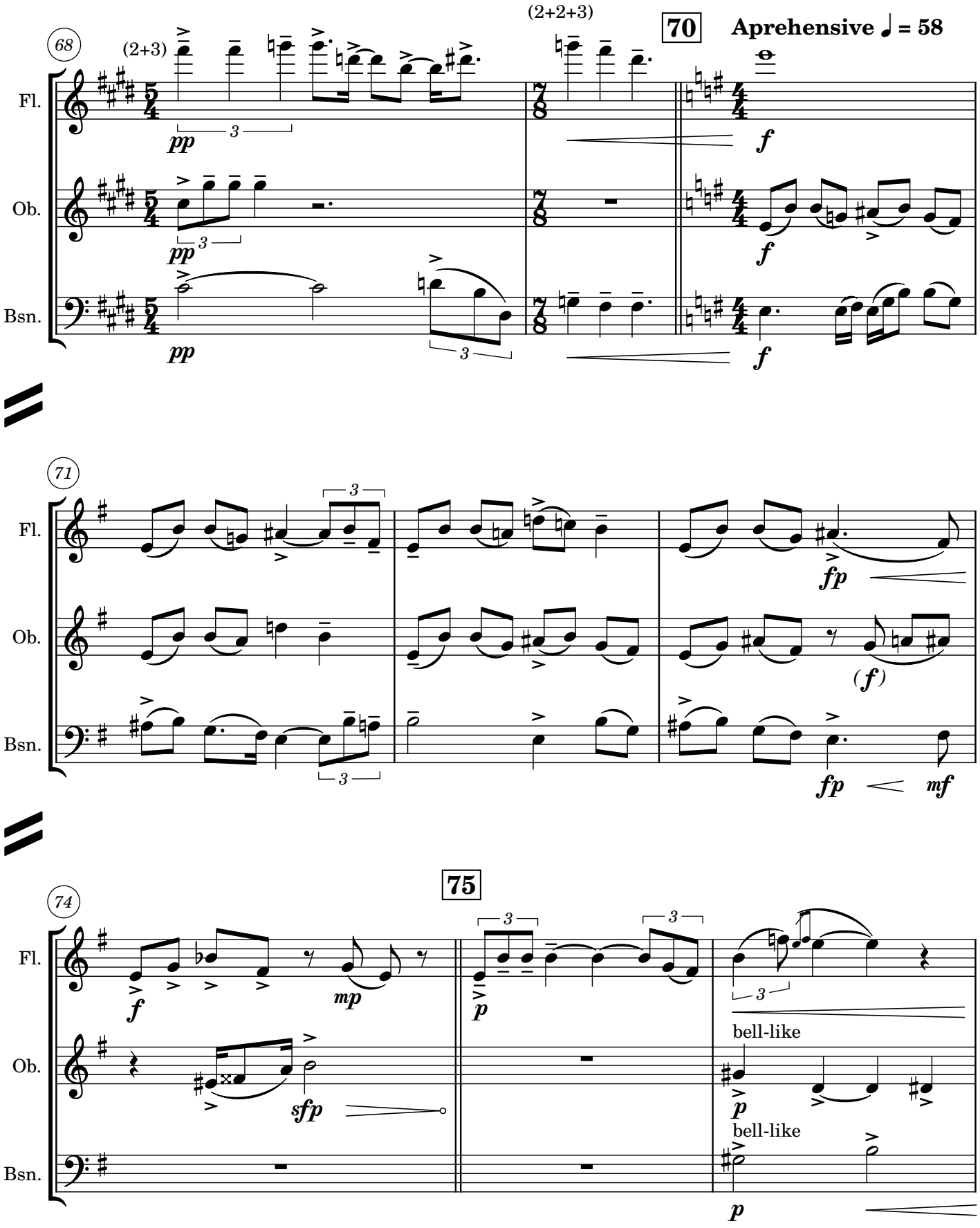

13
(3+2)
Fl.
Ob.
Bsn.
pp
p
p
p
17
19
accel.
Fl.
Ob.
Bsn.
3
3
mf
mf
mf
mf
21
24
Nostalgic ♩ = 84
Fl.
Ob.
Bsn.
p
mf
f
3
mp
mf
fp
p
mf
fp

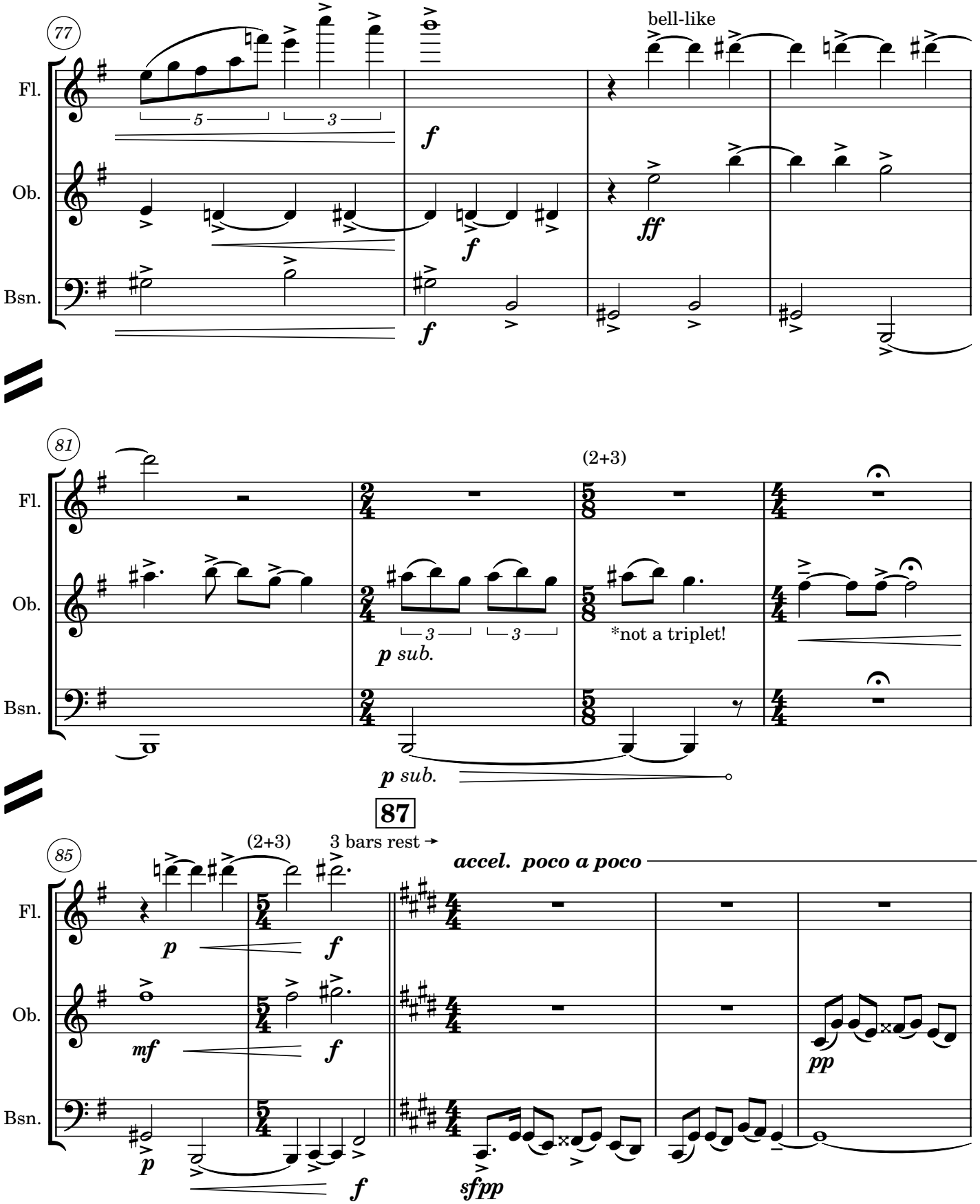

26
Fl.
Ob.
Bsn.
mp
f
f
f
p
p
p
32
31
Fl.
Ob.
Bsn.
mf
mf
f
mp
sfpp
35
Fl.
Ob.
Bsn.
p
p
p
(2+3)

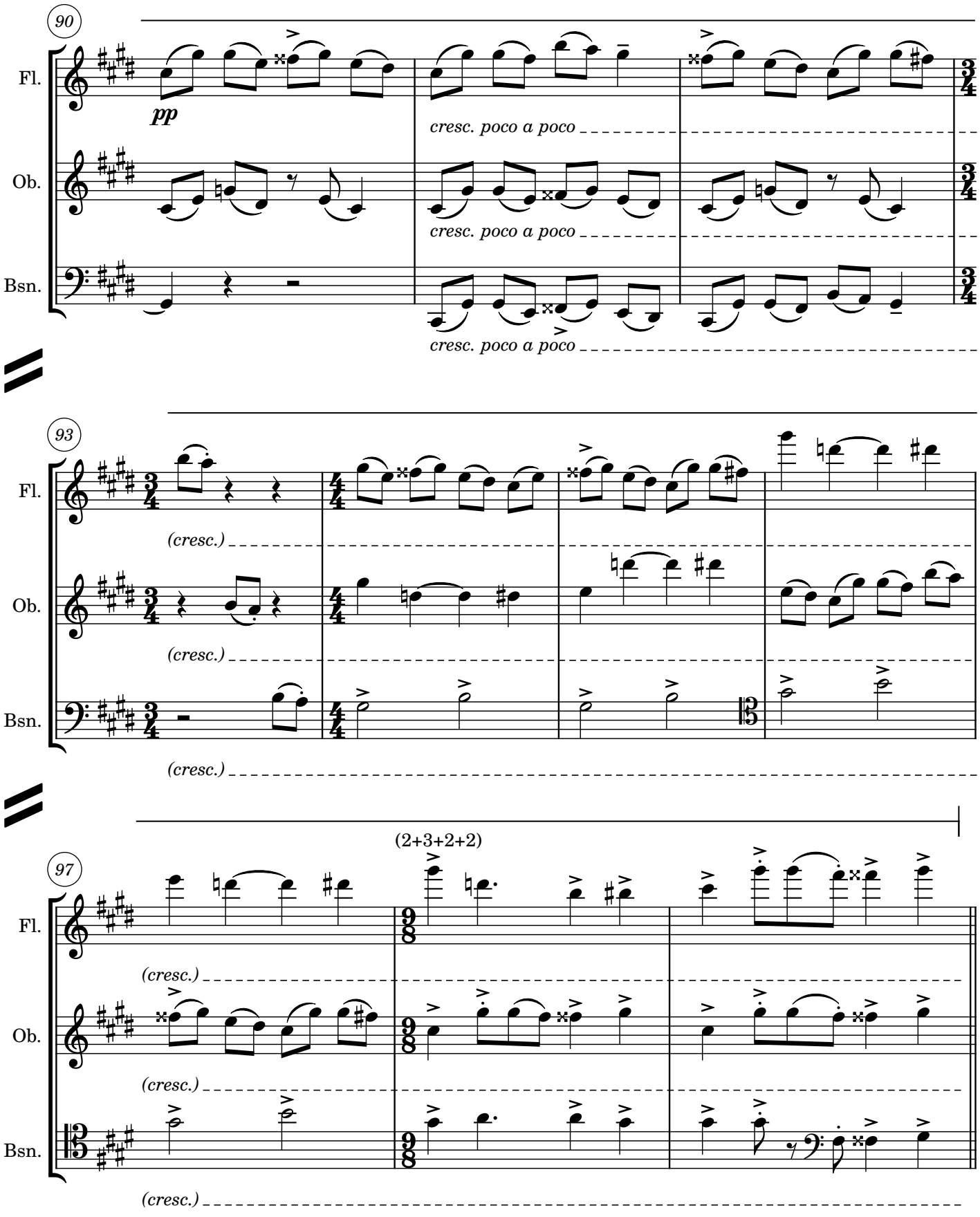

39
41
Fl.
Ob.
Bsn.
(3+2)
mf
42
(2+2+2+3)
(2+2+3)
f
pp
p
46
49
(2+3)
ppp
mp marcato

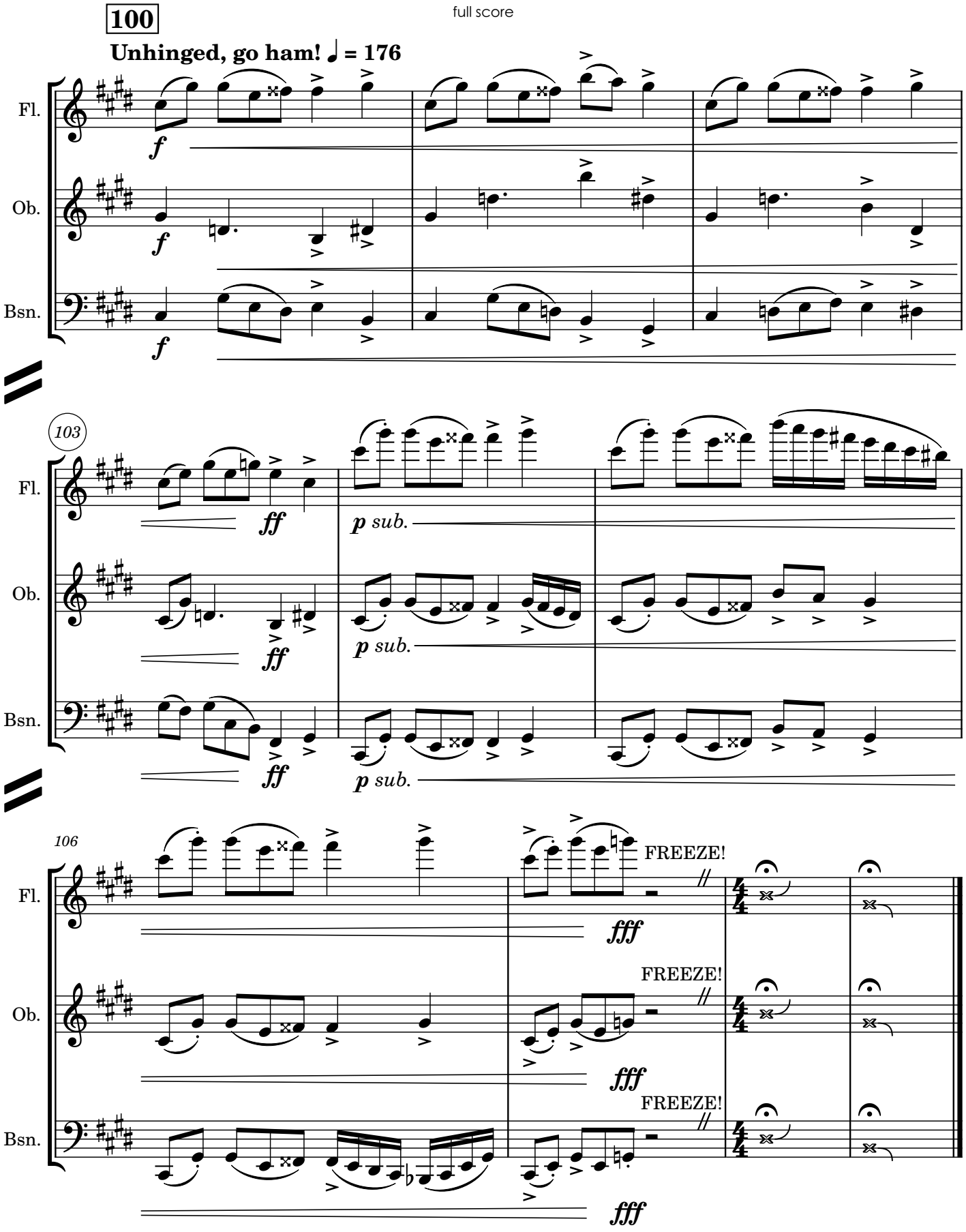

50
Fl.
Ob.
Bsn.
mp marcato
mp
sfp
sfp
53
accel.
sfp
f
f
f
55
57
Anxiously ♩ = 96
ff p
pp
ff p
pp
ff p
pp


58
Fl.
Ob.
Bsn.
mp
f
3
p sub.
mf
5
fp
61
ritardando, molto rubato
pp
dolce
64
65
Lugubrious ♪ = 96
(2+3+2)
(2+2+3)


68
(2+3)
(2+2+3)
70
Aprehensive ♩ = 58
Fl.
Ob.
Bsn.
pp
f
71
fp
(f)
mf
74
75
sfp
mp
bell-like


77
Fl.
Ob.
Bsn.
bell-like
5
3
f
f
f
ff
81
(2+3)
*not a triplet!
p sub.
p sub.
87
85
(2+3)
3 bars rest
accel. poco a poco
p
f
mf
f
p
f
sfpp
pp


90
Fl.
Ob.
Bsn.
pp
cresc. poco a poco
cresc. poco a poco
cresc. poco a poco
93
(cresc.)
(cresc.)
(cresc.)
97
(2+3+2+2)
(cresc.)
(cresc.)
(cresc.)

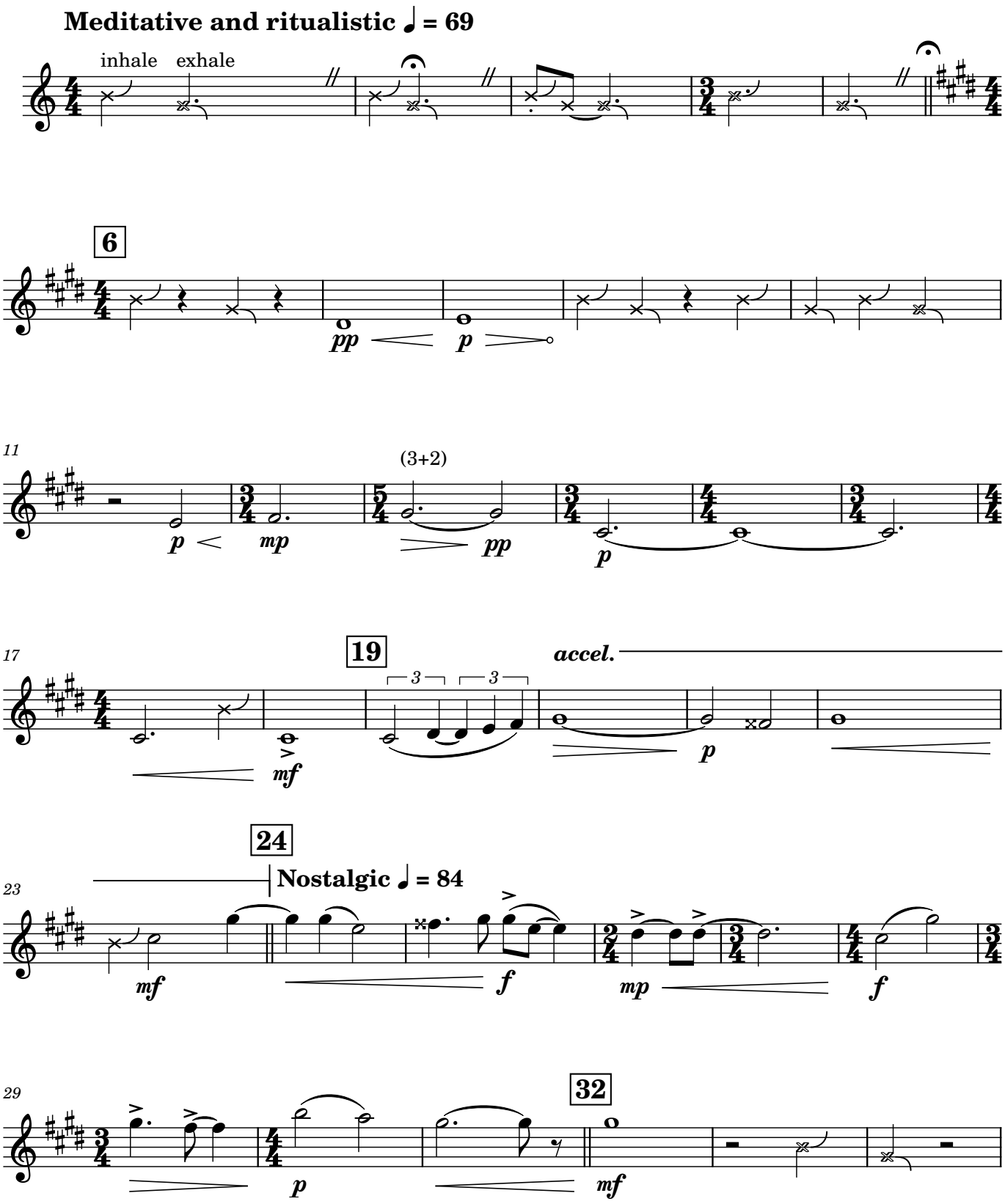

100
Unhinged, go ham! ♩ = 176
Fl.
Ob.
Bsn.
f
103
ff
p sub.
106
FREEZE!
fff

Flute

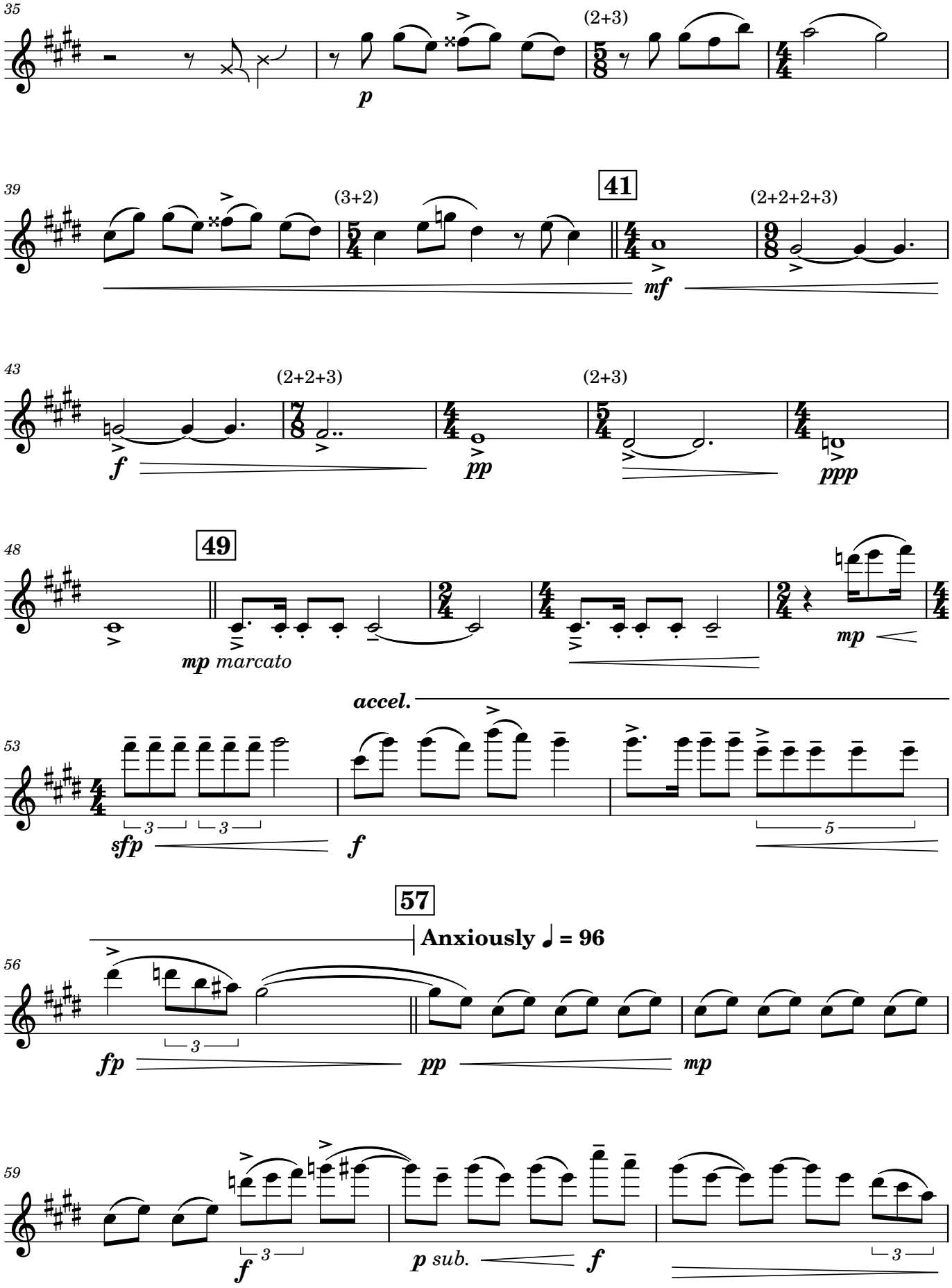
This Same Venom

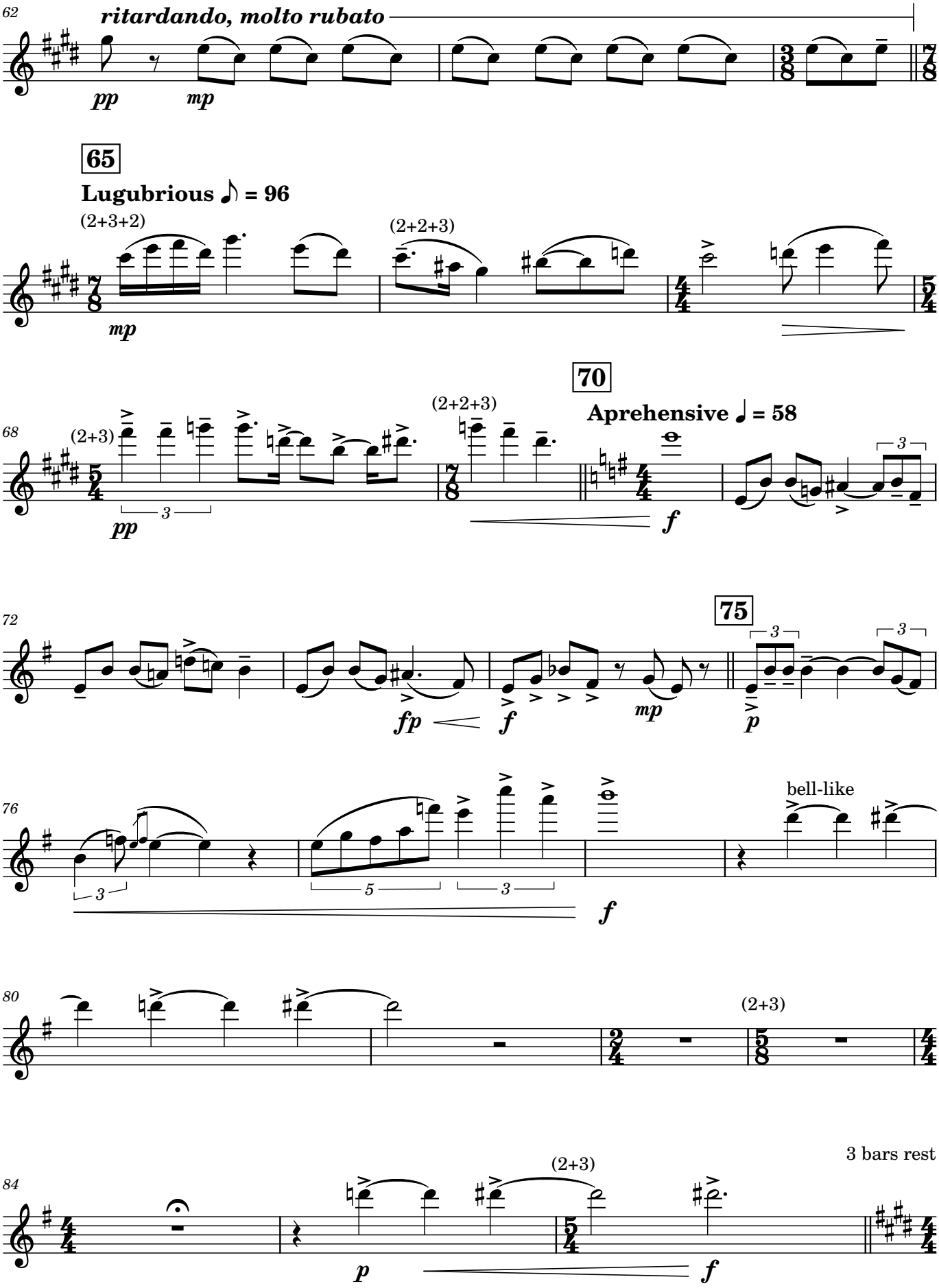
for flute, oboe, and bassoon

Alexa Letourneau



© 2022 ALEXA LETOURNEAU (BMI) ALL RIGHTS RESERVED
Questions? say hello: alexaletourneaumusic@gmail.com
alexaletourneau.com


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.
sfp
f
57
Anxiously ♩ = 96
56
fp
pp
mp
59
f
p sub.
f


62
ritardando, molto rubato
pp
mp
65
Lugubrious ♪ = 96
(2+3+2)
mp
(2+2+3)
68
(2+3)
pp
(2+2+3)
70
Aprehensive ♩ = 58
f
72
fp
f
mp
75
p
76
bell-like
f
80
(2+3)
84
3 bars rest
p
(2+3)
f

87

87

molto accel.

3

[87–89]

pp

cresc. poco a poco

94

(cresc.)

100

Unhinged, go ham! ♩ = 176

(2+3+2+2)

98

(cresc.)

f

101

ff

104

p sub.

107

FREEZE!

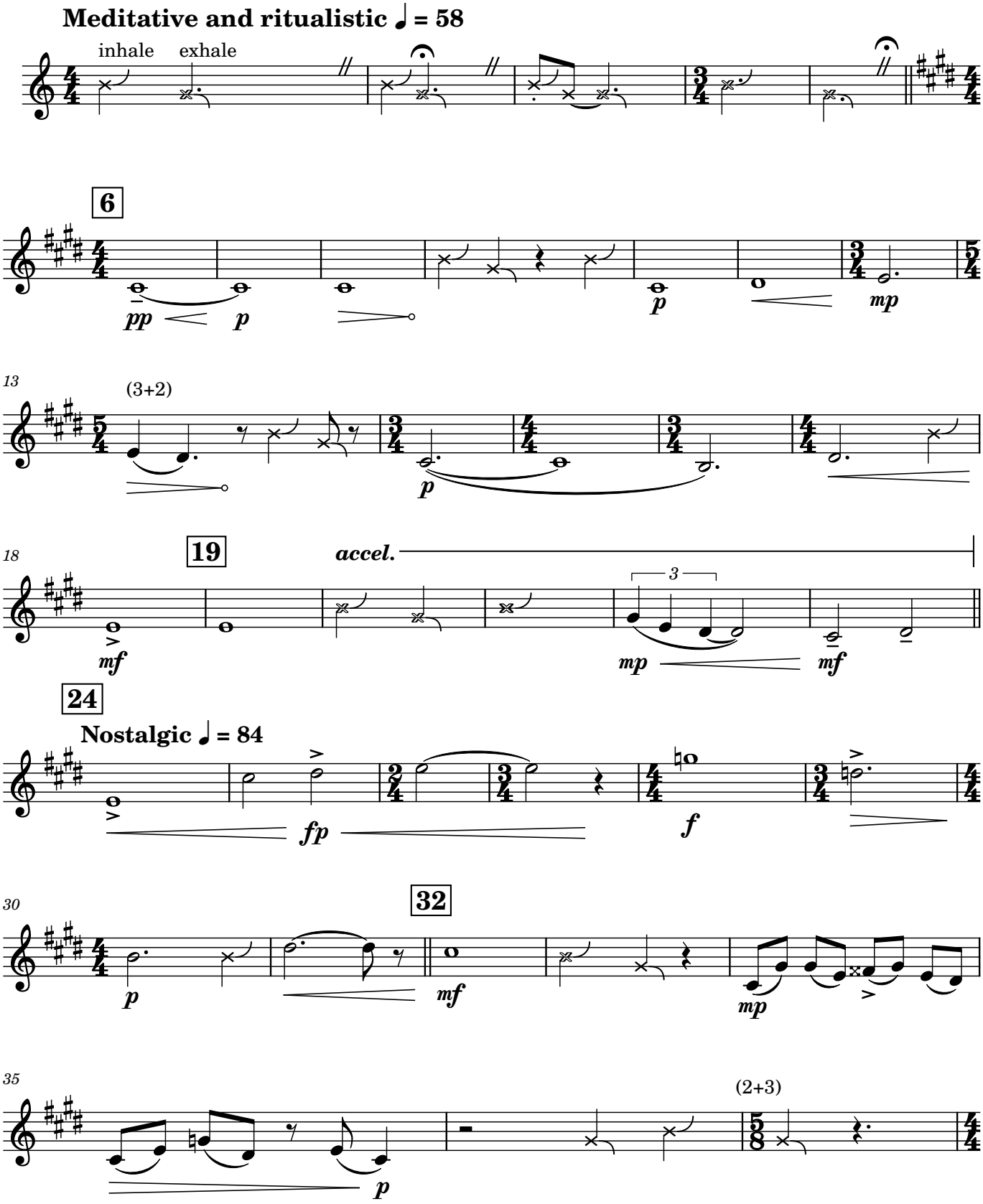
fff

Oboe

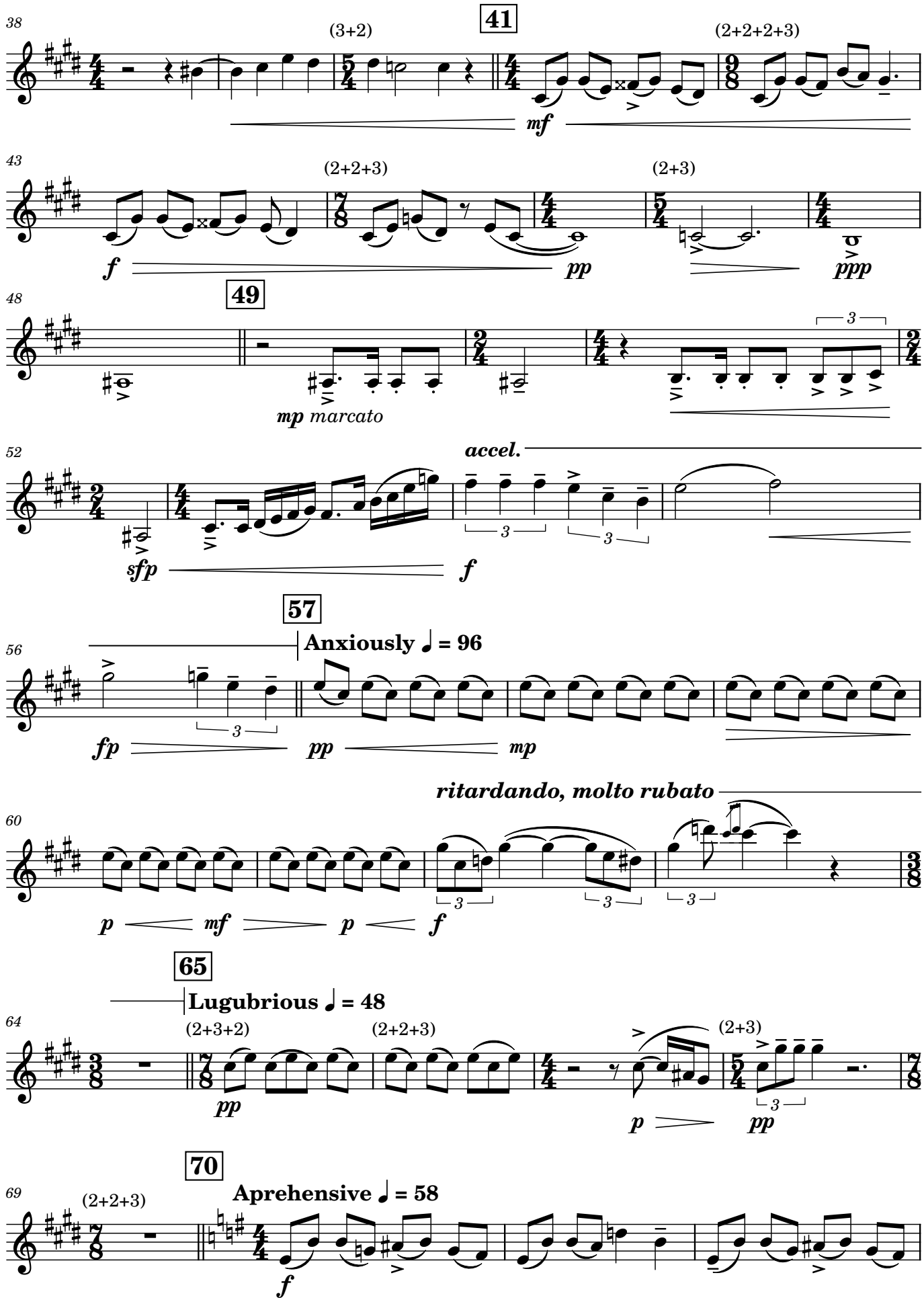
This Same Venom

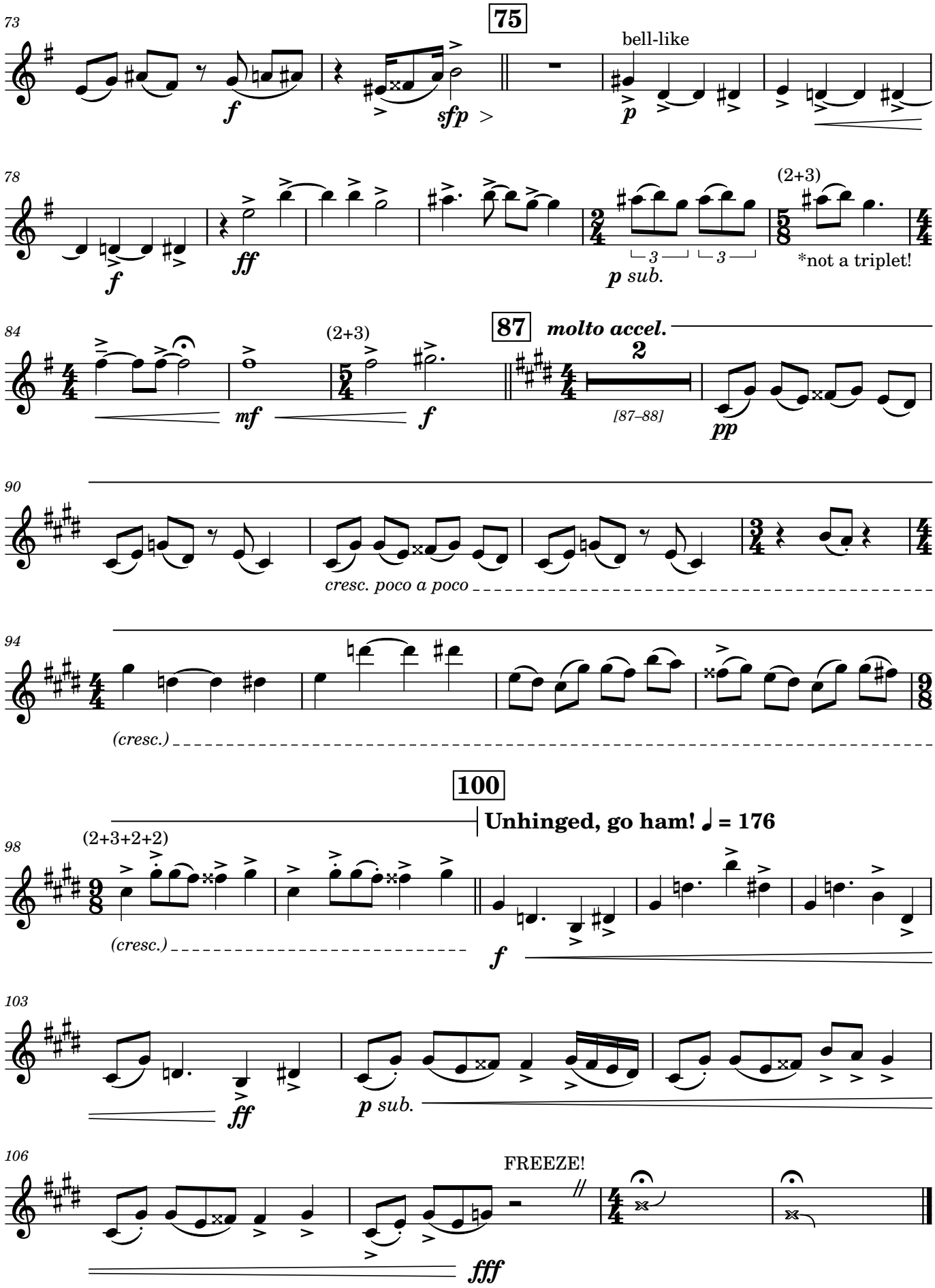
for flute, oboe, and bassoon

Alexa Letourneau



© 2022 ALEXA LETOURNEAU (BMI) ALL RIGHTS RESERVED
Questions? say hello: alexaletourneaumusic@gmail.com
alexaletourneau.com


38
41
(3+2)
(2+2+2+3)
mf
43
(2+2+3)
(2+3)
f
pp
ppp
48
49
mp marcato
52
accel.
sfp
f
56
57
Anxiously ♩ = 96
fp
pp
mp
60
ritardando, molto rubato
p
mf
p
f
64
65
Lugubrious ♩ = 48
(2+3+2)
(2+2+3)
(2+3)
pp
p
pp
69
70
Aprehensive ♩ = 58
(2+2+3)
f

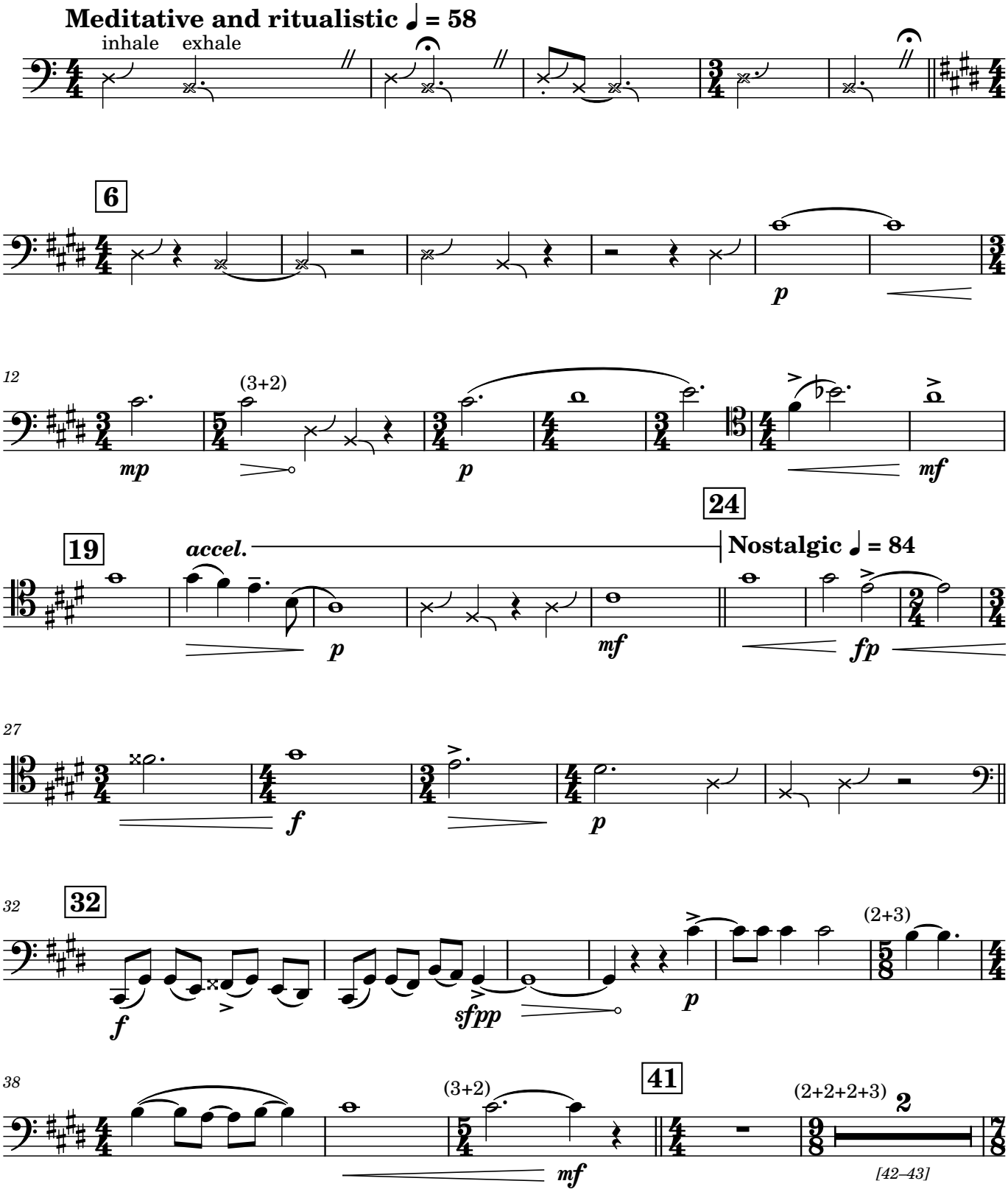

73
75
bell-like
f
sfp
p
78
ff
f
(2+3)
p sub.
*not a triplet!
84
87
molto accel.
(2+3)
mf
f
[87–88]
pp
90
cresc. poco a poco
94
(cresc.)
100
Unhinged, go ham! ♩ = 176
98
(2+3+2+2)
(cresc.)
f
103
ff
p sub.
106
FREEZE!
fff

Bassoon

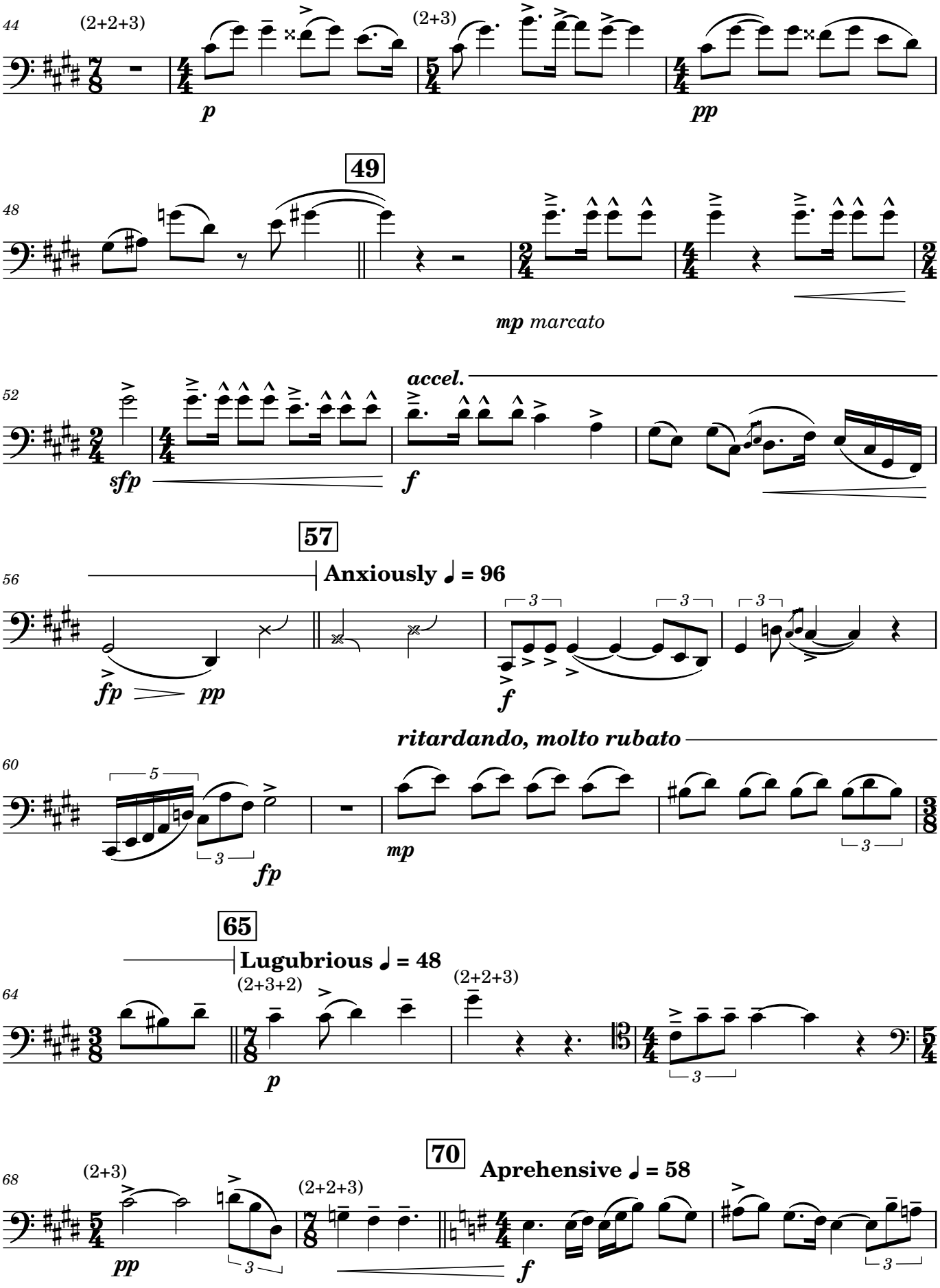
This Same Venom

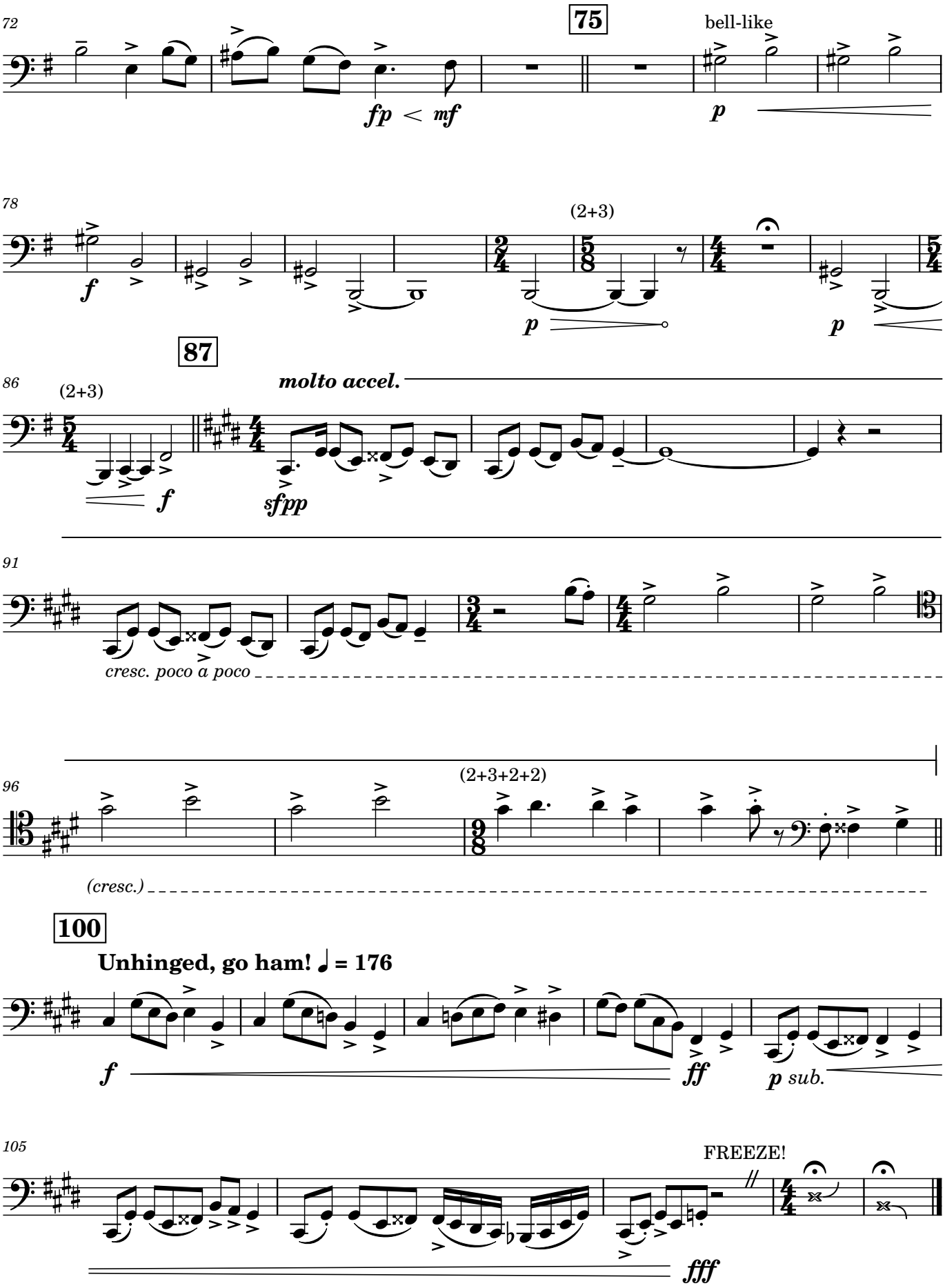
for flute, oboe, and bassoon

Alexa Letourneau



© 2022 ALEXA LETOURNEAU (BMI) ALL RIGHTS RESERVED
Questions? say hello: alexaletourneaumusic@gmail.com
alexaletourneau.com


44
(2+2+3)
(2+3)
p
pp
49
48
mp marcato
52
accel.
sfp
f
57
56
Anxiously ♩ = 96
fp
pp
f
ritardando, molto rubato
60
fp
mp
65
Lugubrious ♩ = 48
64
(2+3+2)
(2+2+3)
p
70
Aprehensive ♩ = 58
68
(2+3)
(2+2+3)
pp
f


72
75
bell-like
fp < mf
p
78
(2+3)
f
p
p
87
86
(2+3)
molto accel.
f
sfpp
91
cresc. poco a poco
96
(2+3+2+2)
(cresc.)
100
Unhinged, go ham! ♩ = 176
f
ff
p sub.
105
FREEZE!
fff