

# PERUSAL SCORE

**Bill Heigen**

**Pain is a Virtue**

**bh**

## PAIN IS A VIRTUE

*We love pain.*

*We love being in it.*

*We even consider pain a virtue.*

*When a woman cries the most at a funeral,*

*She must be the best living soul.*

*And even if those tears are fake and pitiful*

*We prefer to believe in her show.*

*We promise to never forget each other*

*But for now, so brief are our lives.*

*We promise to feel the sting of loss forever*

*But forever is just a blink of your eyes.*

*You should move past your pain,*

*If you say "forever", don't mean it with  
devotion*

*You should heal, move on, be sane.*

*Because pain is no more than a useless emotion.*

*We love pain. We love being in it.*

*We even consider pain a virtue.*

*Pain is my Virtue.*

Duration: 4:02 minutes

### Composer's Note

**Pain is a Virtue** was composed in West New York in 2017.

The text is based in a monologue performed by "Pam", (a character performed by Kristin Bauer van Straten), in the american TV Series "True Blood". I came across this monologue when I was trying to find an unconventional text to turn into a choral piece, and since the meaning expressed in this monologue is really striking, I thought that it could be a powerful message when sung by a choir. I did change many things on the text in order to make the original context a more general one. The text written by Alan Ball can be found in Season 6 episode 5 of "True Blood". This piece is an invitation for us to think about how we cope with pain in our lives and in our society.

- Bill Heigen

# PAIN IS A VIRTUE

SATB a cappella with divisi

based on Pam's monologue  
from the TV Series "True Blood"  
Season 6 episode 5

Lyrics and Music by  
BILL HEIGEN (b. 1980)

♩ = 128

SOPRANO

ALTO

TENOR *p*  
u... *ppp*  
(humming...)

BASS

8 **A**

S. *p*  
solo We love pain. e love be-ing a it. *mp*  
We e - ven\_ con - si-der pain\_ a

(staggered breathing)

T.

B. *ppp* (staggered breathing)  
(humming...)

16

S. *mf*  
vir-tue, we e - ven\_ con - si-der pain\_ a vir-tue. Pain is a Vir - tue. *poco rit.*

T. *p*  
u... Vir - tue, Pain\_ is a

B. *p*  
u... Vir - tue, Pain\_ is a

**B** *a tempo*

24 *mp*  
 S. *tutti* We love pain. We love be-ing in We e - ven\_\_ con - si-der pain\_\_ a  
 A. *mp* We love pain. We love be-ing in it. We e - ven\_\_ con - si-der pain\_\_ a  
 T. *pp* (staggered breathing) Vir tue(u)...  
 B. *pp* (staggered breathing) Vir tue(u)...

**C** *faster* ♩ = 160

31 *mf* *mp* *f*  
 S. vir - tue, we e - con - si-der pain\_\_ a vir - tue. When a wo-man cries the  
 A. vir - tue, we e - ven\_\_ con - si-der pain\_\_ a vir - tue. When a wo-man cries the  
 T. o... wo-man cries the  
 B. o wo-man cries the

38 *p* *f*  
 S. most at a fu-ne ral she must be the best li-ving soul and e - ven if those  
 A. most at a fu - ne - ral she must be the best li-ving soul and E - ven if those  
 T. most at a fu-ne ral she must be the best li-ving soul and e - ven if those  
 B. most at a fu - ne - ral she must be the best li-ving soul and e - ven if those

PERUSAL SCORE

♩ = 128

**D**

46 *poco rit.* *p*

S. tears are fake and pi-ti ful we pre-fer to be-lieve in her show

A. tears are fake and pi-ti ful we pre-fer to be-lieve in her show

T. tears are fake and pi - ti ful we pre-fer to be-lieve in her show *solo* We

B. tears are fake and pi - ti ful we pre-fer to be-lieve in her show

54 *pp* (staggered breathing)

S. (humming...)

A. *pp* (staggered breathing)  
(humming...)

T. pro-mise to ne-ver for-get each o ther but for now so brief are our lives. We

62 **E**

S. *p* u... *mf* eyes

A. *p* u... *mf* eyes

T. pro-mise to feel the sting of loss for - e - ver but for - e-ver is just a blink of your eyes,

**F** ♩ = 160 *faster*

69 *f rit.*

S. of your eyes You should move past your

A. of your eyes You should move past your

T. *tutti* of your eyes You should move past your

B. blink of your eyes of eyes You should move past your

74

S. pain if you say "fo - ver" don't mean it with de - vo - tion.

A. pain if you say "fo - re - " don't mean it with de - vo - tion.

T. pain if you say "fo - re - " don't mean it with de - vo - tion. You

B. pain if you say "fo - re - " don't mean it with de - vo - tion. You

**G**

80 *f ff*

S. You should heal move on and be sane be - cause Pain *short*

A. You should heal move on and be sane be - cause Pain *short*

T. should heal move on and be sane be - cause Pain *short*

B. should heal move on and be sane be - cause Pain *short*

**molto rit.**

$\text{♩} = 128$  tempo primo

**H**

(staggered breathing)

85 *subito p* *short* *pp*

S. is no more than a use-less e - mo - tion (humming...)

A. *subito p* *short* *pp* (staggered breathing)  
is no more than a use-less e - m - tion (humming...)

T. *subito p* *short* *p*  
is no more than a use-less e - mo - tion u...

B. *subito p* *mp*  
is no more than a use-less We love pain.

91

S.

A.

T.

B. We love be - ing in it. We e - ven con - si - der pain a vir - tue,

**molto rall.**

96 *ppp*

S. Pain is my Pain is my Vir - tue.

A. *p* *ppp*  
Pain is my Pain is my Vir - tue.

T. *p* *ppp*  
Pain is my Pain is my Vir - tue.

B. *p* *ppp*  
Pain is my Vir - tue.