LOSS AND ACCEPTANCE

FOR STRING ORCHESTRA
GRADE 3.5

BY KEVIN SLUDER

Perusal Score Only
Not for Rehearsal or Performance

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PROGRAM NOTES

Loss comes in many forms. Sometimes, we lose a treasured item or move away from a house that we love. At the worst times, we lose people that are close to us. No matter the form it takes, loss leads us to grieve what once was. Grief is not always about death. Whatever the reason, something important to us is no longer in our lives.

First proposed by psychiatrist Elisabeth Kübler-Ross, the five stages of grief are widely considered to be denial, anger, bargaining, depression, and acceptance. First, we deny the loss, which helps us to only let in as much pain as we can handle. Then comes anger, which can be a kind of strength, giving structure to the nothingness we are feeling. There is almost a second coming of denial when passing through the bargaining stage, where we try to offer up some sort of "trade" in order to get back the thing we lost. In depression, the loss is felt at its deepest level, and it is at this stage that we truly begin to heal. Then, at the end of the difficult process, we finally achieve acceptance.

Loss and Acceptance is more about the acceptance than the loss, but you won't hear resolution in the way you might at the end of a feel-good movie. Acceptance is not about being "all better". It is about coming to terms with our new reality, and for a while, that pain is still very present. However, in the midst of the sadness, you start to feel a beating heart that knows "this is not the end."

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ABOUT THE COMPOSER

Kevin Sluder is an orchestra director in the North Texas area and has been teaching in the public school system since 2007. His program at Lawler MS was named the TMEA MS Honor Full Orchestra in 2024 and 2026.

Born and raised in Mansfield, TX, Mr. Sluder obtained his bachelor's degree in music education from the University of North Texas in Denton. A bass player by trade, he also has experience in percussion and guitar, with a deep love of rhythm.

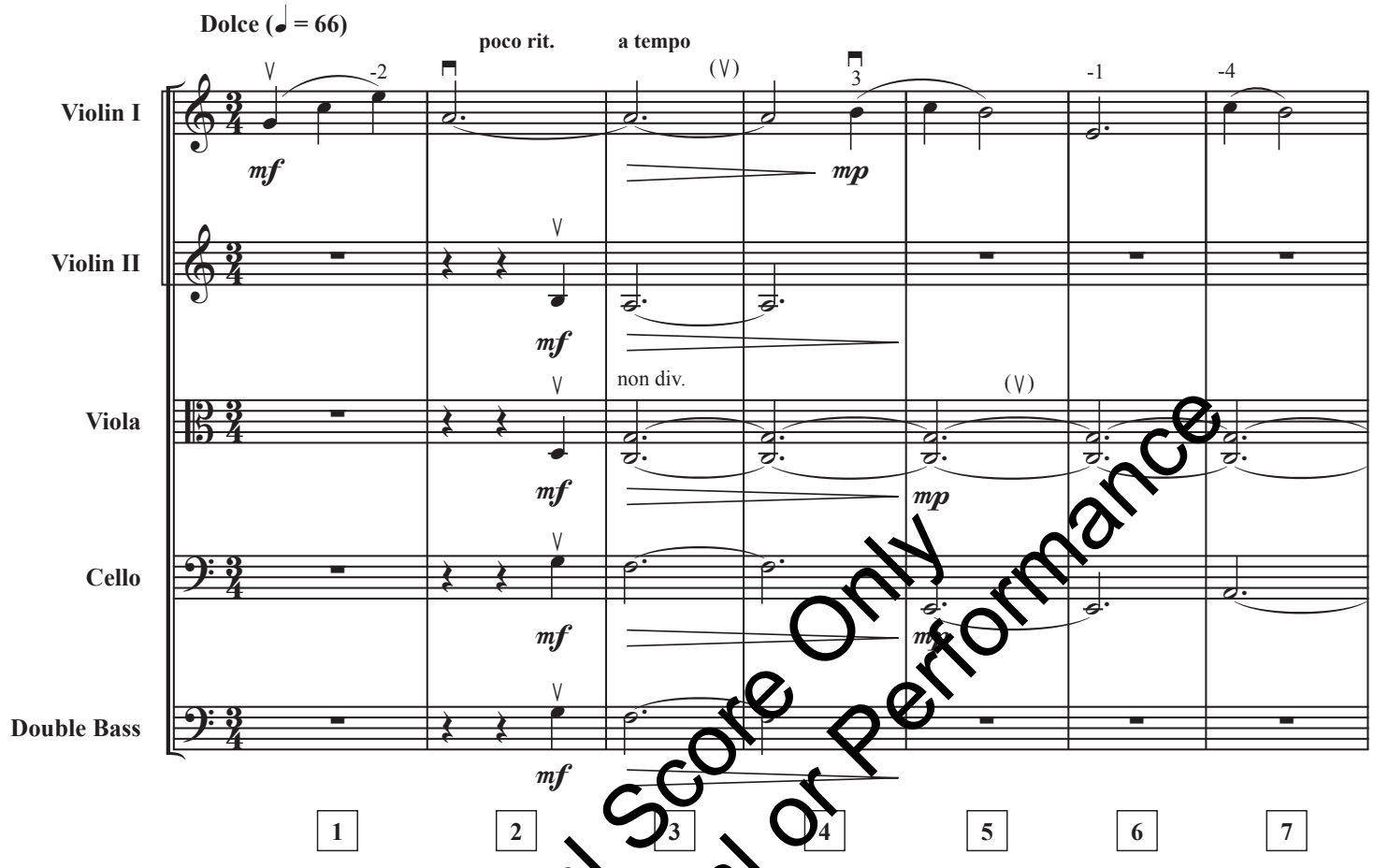
Outside of the classroom, Mr. Sluder spends a great deal of time composing and arranging music. He also runs two podcasts. Rite of String, co-hosted with Matthew Moreno, is focused on string education. SluderMusic is a showcase of Mr. Sluder's published pieces. In addition to his work in the "classical" world, he has written and recorded several albums that are available on most streaming services.

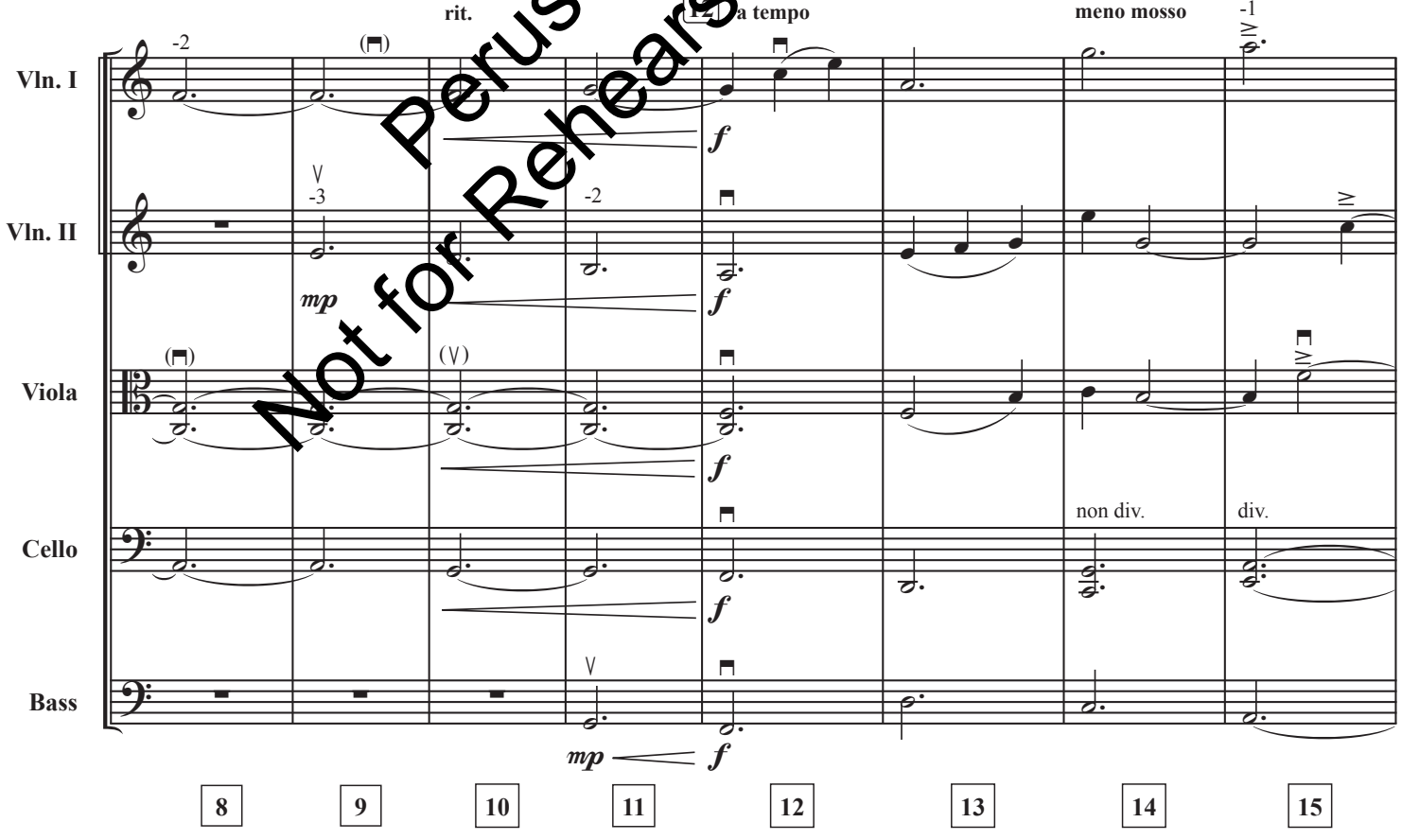
Mr. Sluder currently resides in McKinney, TX with his wife (and fellow orchestra director) Bethany Hardwick. In his limited spare time, he enjoys taking naps, camping, and playing video games.

Score

Loss and Acceptance

Kevin Sluder





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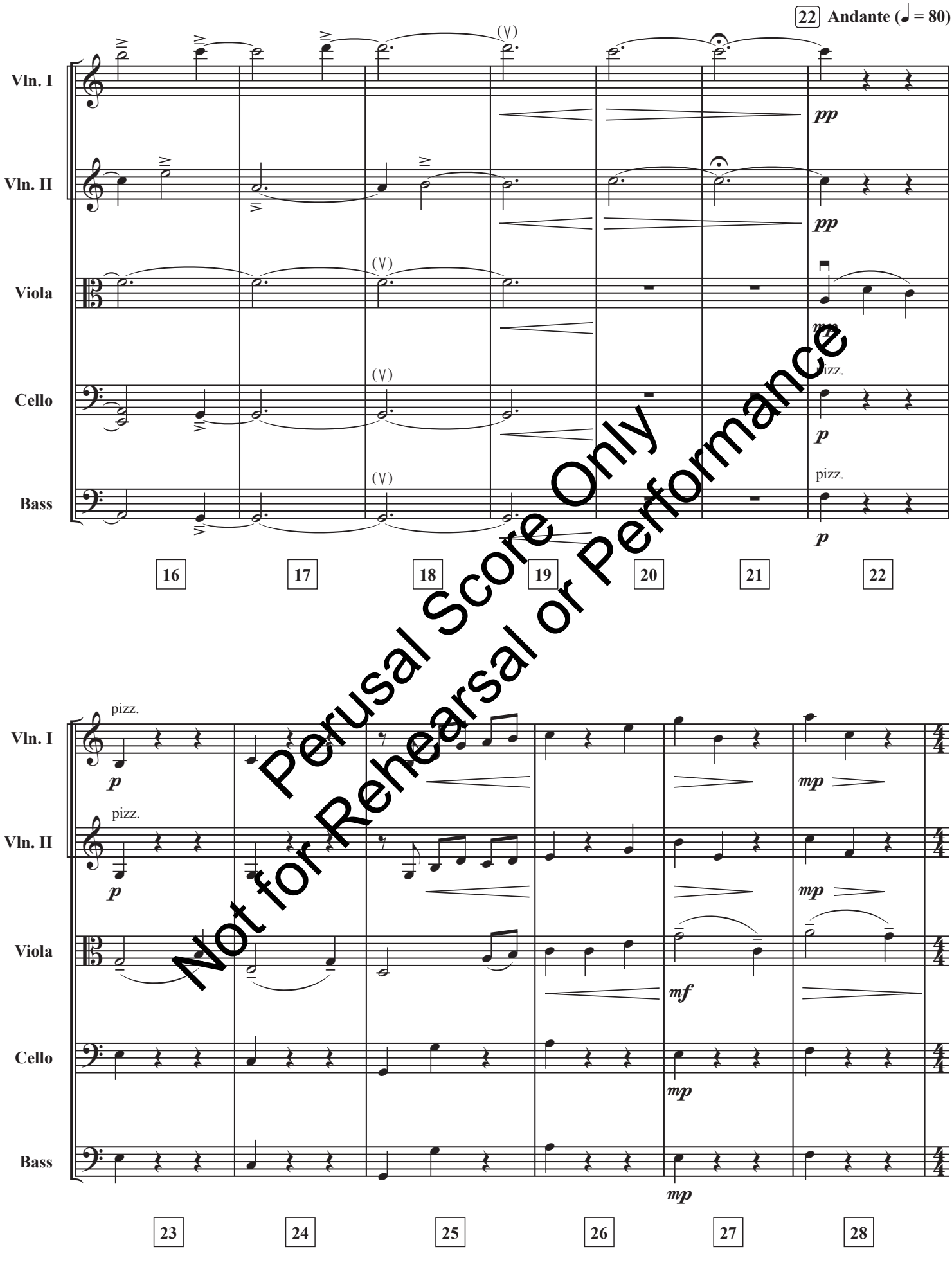

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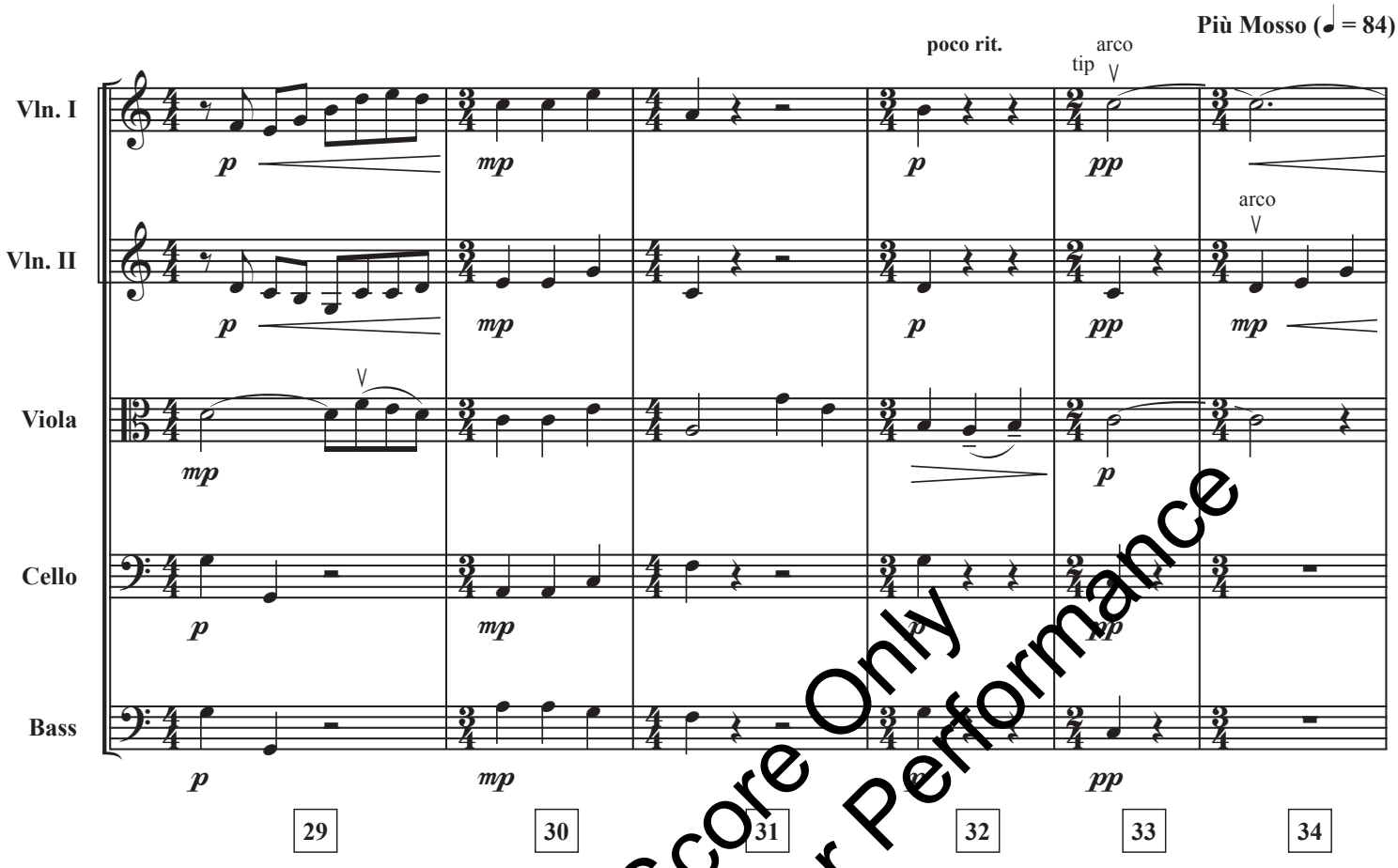

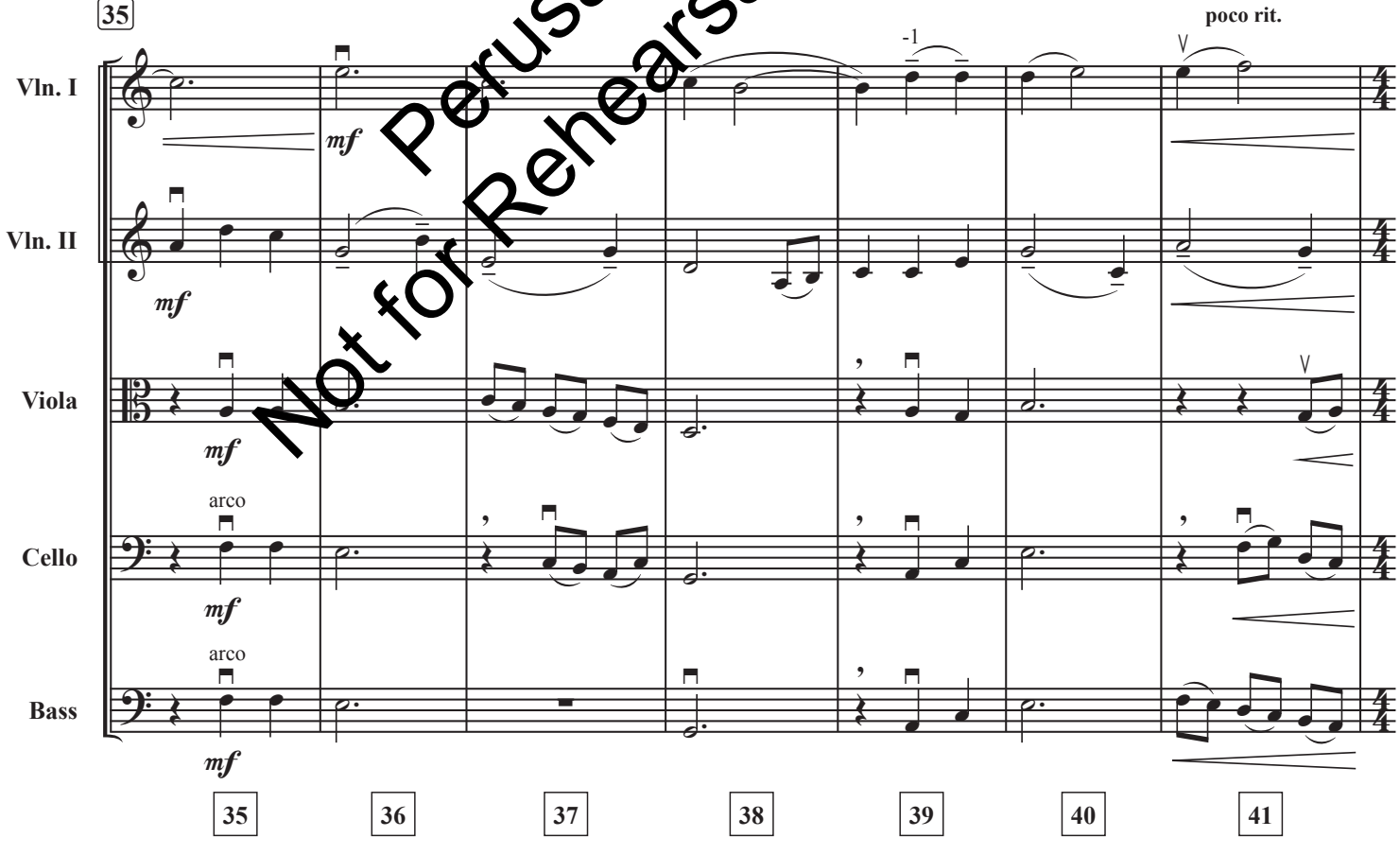

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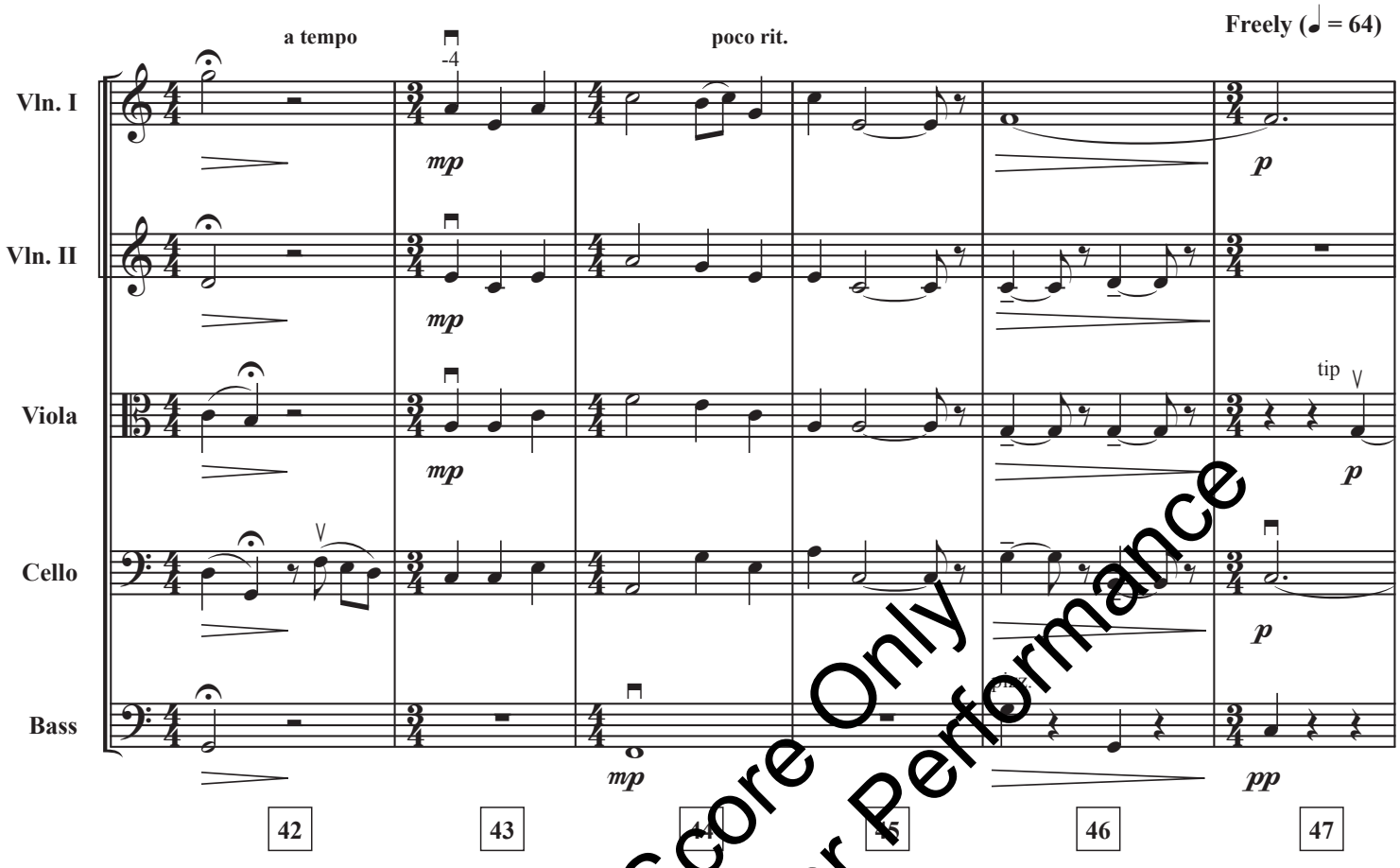

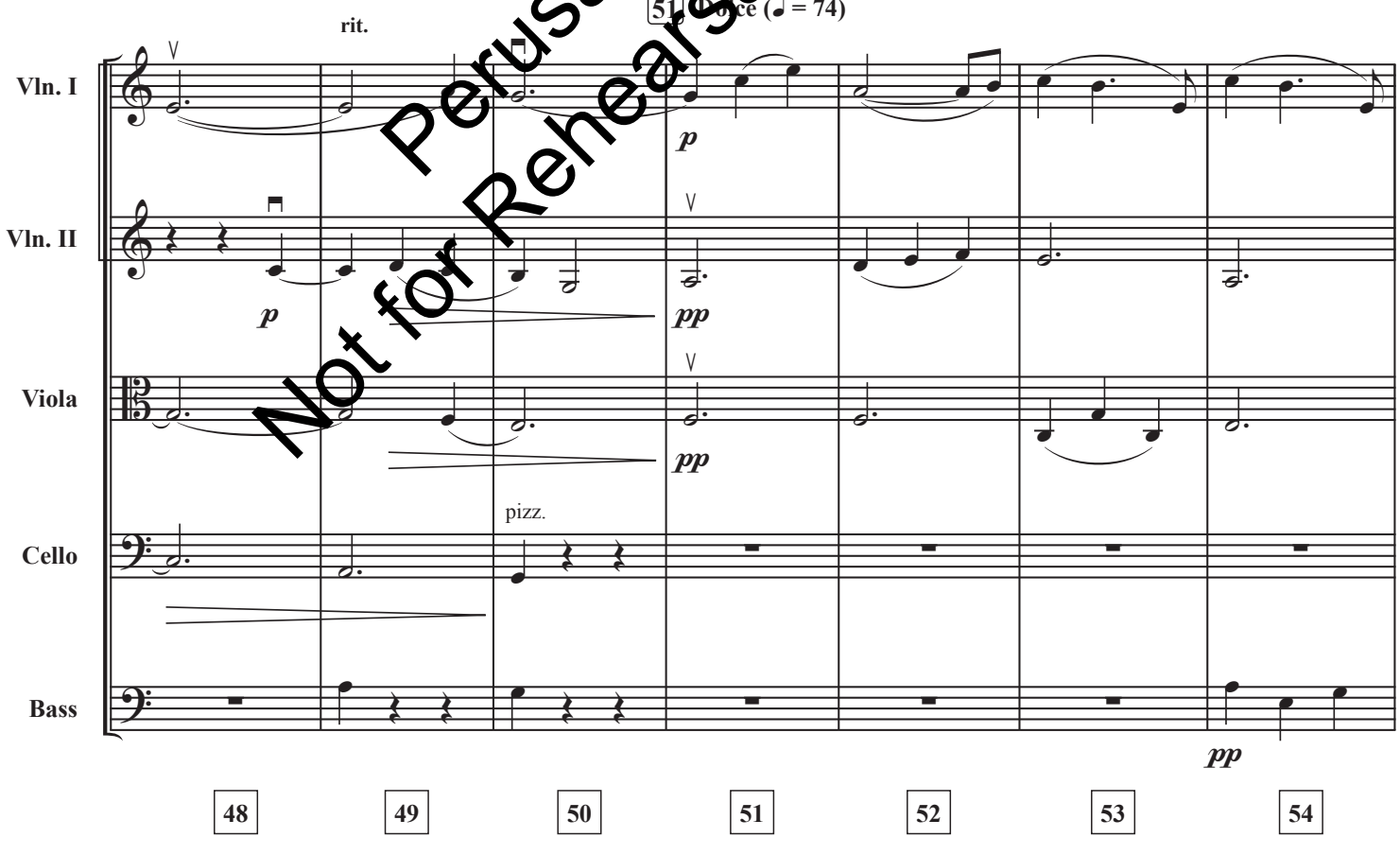

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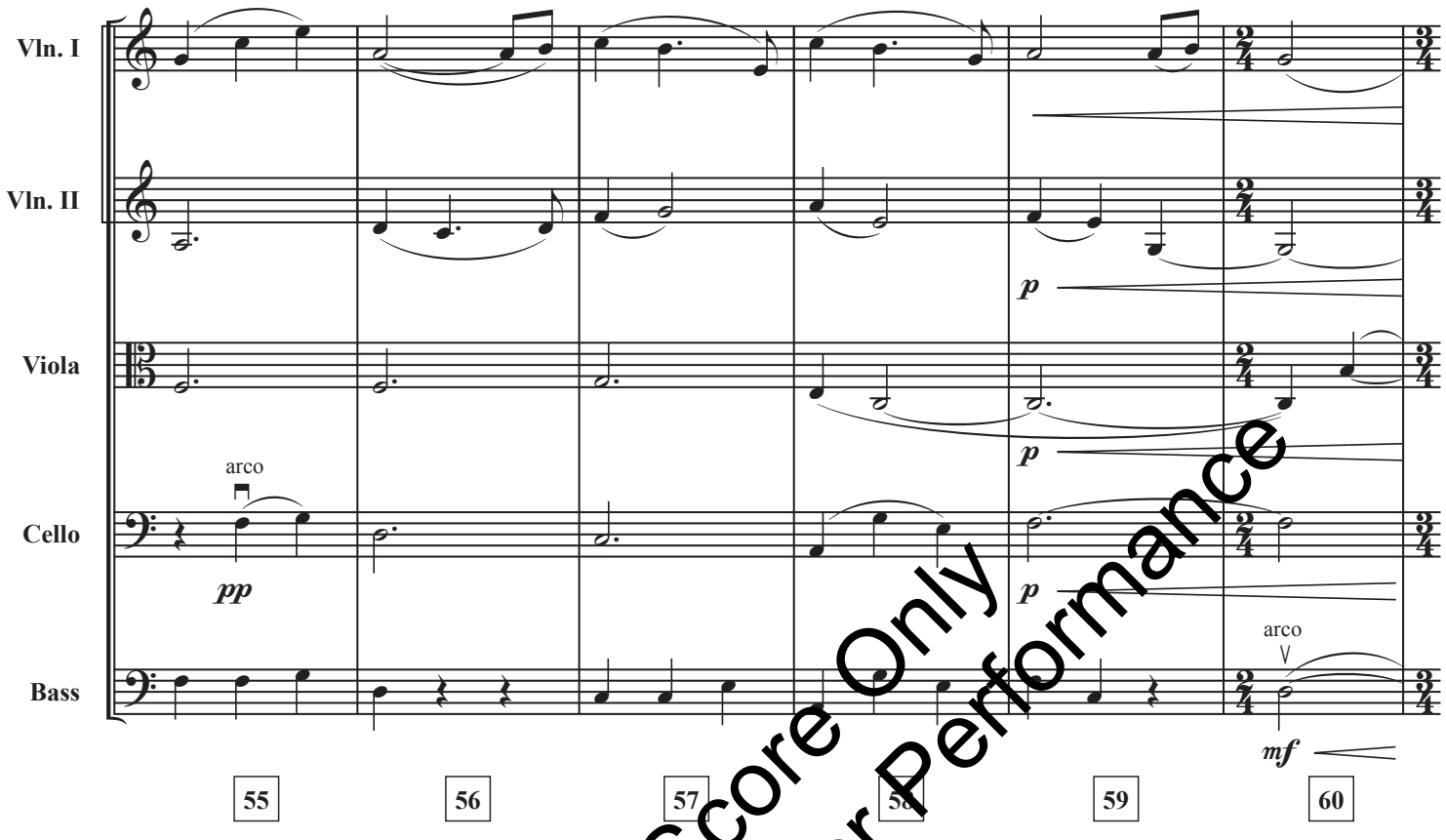

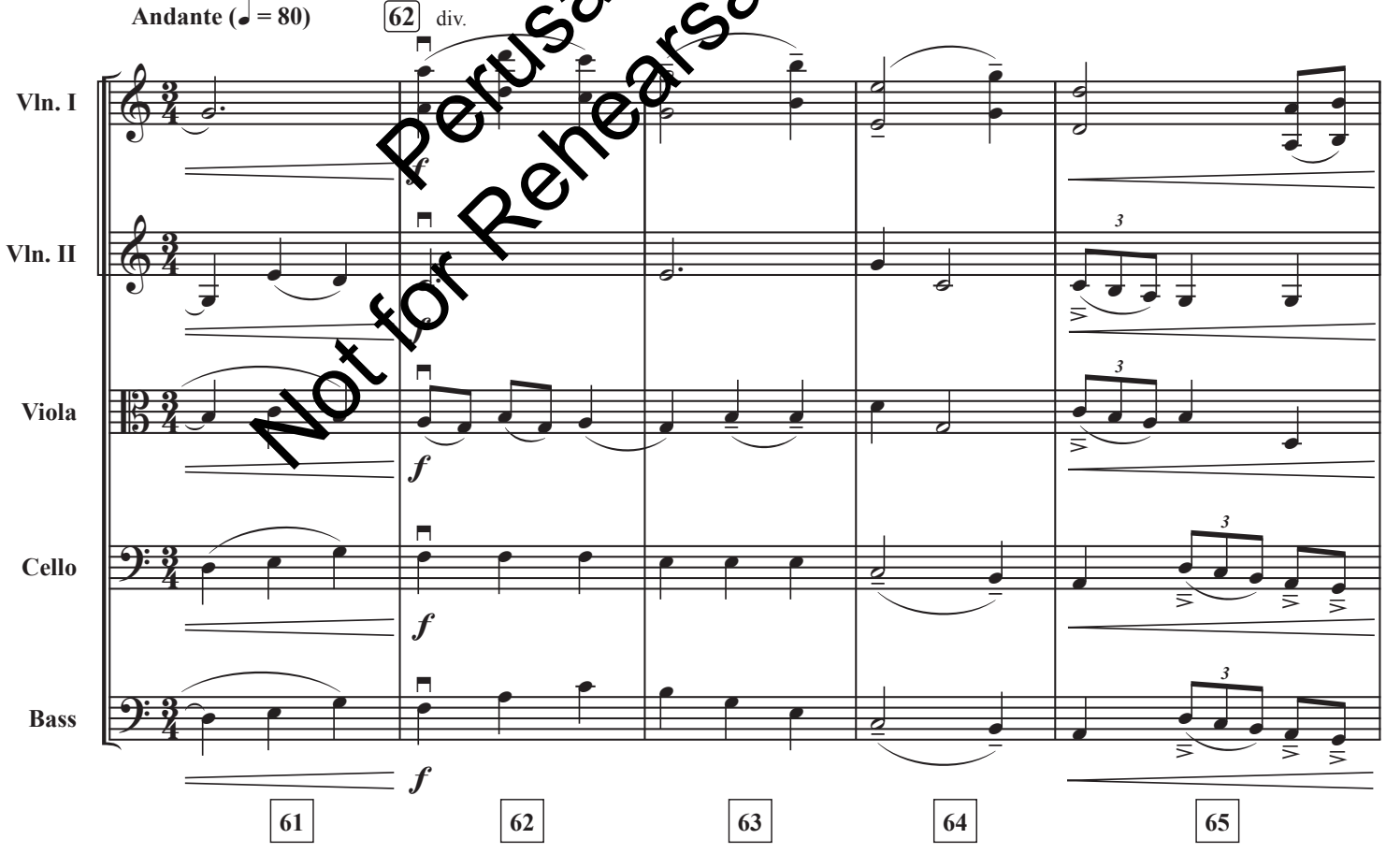

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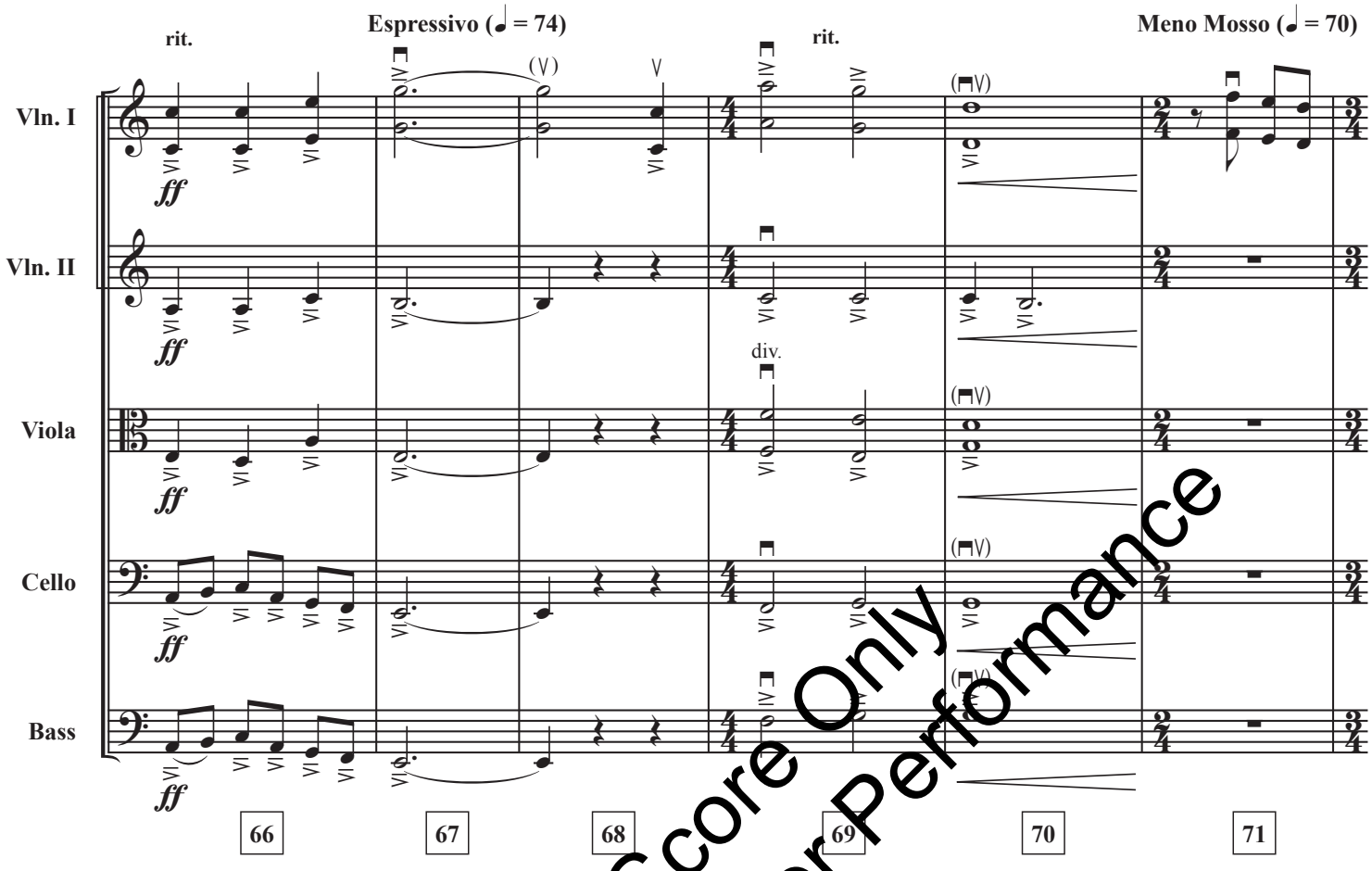

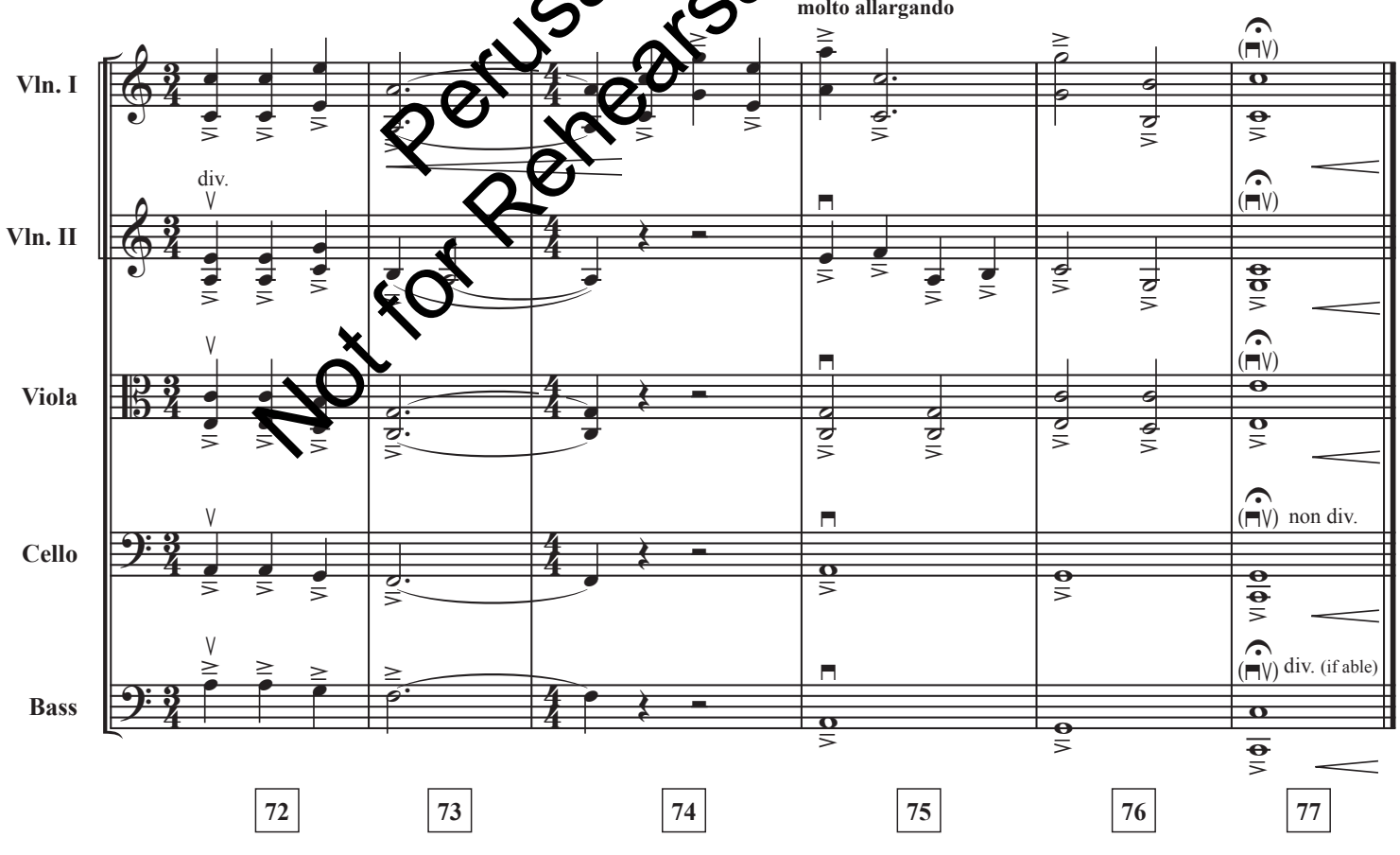

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