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8.572316

 Playing Time
 72:36


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BLISS: Meditations on a Theme by John Blow

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Scored for a large orchestra, including an extensive percussion section, Sir Arthur Bliss's *Metamorphic Variations* dates from the end of his creative life. Inspired by the triptych *Tantris* painted by Bliss's long-time friend, the late George Dannatt, it is a work of extremes, of enormous power, passion and violence balanced by gentleness, whimsy and delicacy. *Meditations on a Theme by John Blow* is one of Bliss's most eloquent and personal scores, a private tribute to a generation cut down in its youth, including his own brother, during World War I.

Arthur
BLISS
 (1891–1975)

Meditations on a Theme by John Blow 33:46

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|---|--|------|---|---|------|
| 1 | Introduction: 'The Lord is my Shepherd' 'I will fear no evil' | 7:29 | 5 | Meditation IV: 'He restoreth my soul' | 2:30 |
| 2 | Meditation I: 'He leadeth me beside the still waters' | 3:27 | 6 | Meditation V: 'In green pastures' | 4:52 |
| 3 | Meditation II: 'Thy rod and staff they comfort me' | 2:53 | 7 | Interlude: 'Through the valley of the shadow of death' | 3:58 |
| 4 | Meditation III: Lambs | 2:34 | 8 | Finale: 'In the house of the Lord' | 6:04 |

Metamorphic Variations 38:49

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| 9 | Elements | 3:39 | 16 | Polonaise | 3:45 |
| 10 | Ballet | 1:34 | 17 | Funeral Processions | 4:07 |
| 11 | Assertion | 2:16 | 18 | Cool Interlude | 2:57 |
| 12 | Speculation | 1:48 | 19 | Scherzo II | 1:45 |
| 13 | Interjections | 3:59 | 20 | Duet | 2:20 |
| 14 | Scherzo I | 2:52 | 21 | Dedicated to G.D. and A.D. | 0:52 |
| 15 | Contemplation | 2:25 | 22 | Affirmation | 4:31 |

Bournemouth Symphony Orchestra • David Lloyd-Jones

Recorded in the Concert Hall, The Lighthouse, Poole, Dorset, UK, from 11th to 12th May, 2009
 Producer: Andrew Walton (K&A Productions Ltd.) • Engineer: Phil Rowlands • Editor: Deborah Spanton
 Recorded and edited at 24bit resolution • Publishers: Novello & Co. Ltd. • Booklet notes: Giles Easterbrook

This recording has been supported by the Bliss Trust

Cover Picture: *Study for 'Parsifal', 1970 (part of Tantris)* by George Dannatt (1915–2009)
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