

for Aurora Chorus

# I Lift My Eyes

Psalm 121  
Thich Nhat Hanh

Joan Szymko

*mp*  $\text{♩} = 74$

Solo

I lift my eyes \_\_\_\_\_ to the moun - tains \_\_\_\_\_

Piano

*mp*

5

from whence \_\_\_\_\_ I get my help; \_\_\_\_\_

9

from whence \_\_\_\_\_ I get my strength; \_\_\_\_\_ *mf*

*mf*

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12

from whence I get my help. *f* I lift my

15

eyes, I lift my eyes, I lift my

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eyes, *dim.* I lift my eyes. *poco accel.*

*mf* *freely* 25 I am sol-id as a moun-tain, -

S  
I am firm as the earth.

A  
I am

*mp*  
I am

6<sup>va</sup>

6<sup>va</sup>

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29

Tempo Primo *steadily*Tutti  
*mp*

I am

*mp*  
I am firm as the earth, I am

*mp*  
I am sol-id as a moun-tain,  
sol-id as a moun-tain, I am sol-id as a

6<sup>va</sup>

6<sup>va</sup>

*mp*

*cresc. poco a poco* 34

firm as the earth, I am firm as the earth, I am

*cresc. poco a poco*

firm as the earth, I am sol-id as a moun-tain,

*cresc. poco a poco*

I am sol-id as a moun-tain, I am firm as the earth,

*cresc. poco a poco*

moun-tain, I am firm as the earth, I am sol-id as a

*cresc. poco a poco*

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firm as the earth, as the earth.

I am sol-id as a moun-tain, I am firm as the earth.

I am firm as the earth. I am

moun-tain, I am firm as the earth. I am

*f* *f*

38

Musical score for measures 38-41. The score includes vocal staves and piano accompaniment. The vocal parts have lyrics "I am" and a dynamic marking *f*. The piano accompaniment features a dynamic marking *f* and a fermata over the final measure.

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Musical score for measures 42-45. The score includes vocal staves and piano accompaniment. The vocal parts have lyrics "I am free, I am" and a dynamic marking *f*. The piano accompaniment features dynamic markings *8va* and *8va*.

42

**Più mosso** ♩ = 80*mf*

free.

I lift my eyes

free.

I lift my eyes

free.

I lift my eyes

free.

I lift my eyes

**Più mosso** ♩ = 80*sost.**mf*

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to the moun - tains from

to the moun - tains from

to the moun - tains from

to the moun - tains from

*sim.*

48

whence I get my strength,

whence I get my strength,

whence I get my strength,

whence I get my strength,

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51

from whence I get my help.

from whence I get my help.

from whence I get my help.

from whence I get my help.

I lift my eyes, \_\_\_\_\_  
 I lift my eyes, \_\_\_\_\_

*mf*

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I lift my eyes, \_\_\_\_\_ I lift my  
 I lift my eyes, \_\_\_\_\_ I lift my  
 I lift my eyes, \_\_\_\_\_  
 I lift my eyes, \_\_\_\_\_

*f* *mf*



*mp* 60

eyes, \_\_\_\_\_ I lift my eyes, \_\_\_\_\_

*mp*

eyes, \_\_\_\_\_ I lift my eyes, \_\_\_\_\_

*mf*

I lift my eyes to the

*mf*

I lift my eyes to the

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I lift my eyes, \_\_\_\_\_

*mf*

I am sol - id as a moun-tain, \_\_\_\_\_

moun - tains, \_\_\_\_\_ I am

moun - tains, \_\_\_\_\_ I am

63

firm as the earth. *f* I am  
 firm as the earth. *f* I am  
 firm as the earth. *f* I am  
 firm as the earth. *f* I am

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67

free. *p* I lift my  
 free. *p* I lift my eyes, *cresc.*  
 free. *p* I lift my eyes, *cresc.*  
 free. *p* I lift my eyes, *cresc.*

*p* *cresc.* 70 *mp*

I lift my eyes, — I lift my eyes, —

*cresc.* *mp*

eyes, — I lift my eyes, —

*mp*

I lift my eyes, —

*mp*

I lift my eyes, —

*mp* *cresc.*

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73 *mf*

I lift my eyes, —

*mf*

I lift my eyes, —

*mf*

I lift my eyes, —

*mf*

I lift my eyes, —

*mf*

I lift my eyes, —

*mf*

I lift my eyes, —

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lift my eyes, *f rit.* I am free. *mf molto rit. ff*

lift my eyes, *f rit.* I am free. *mf molto rit. ff*

*rit.* I am free. *mf molto rit. ff*

*rit.* I am free. *mf molto rit. ff*

*rit.* *molto rit.*