Rise Up, Shepherd, and Follow

Mark Hayes
Tune: rise up, shepher trad. spiritual

With a lilt \( \frac{3}{2} = \frac{3}{2} \) \( \text{d} = \text{ca. 104} \)

Duration: 2:30
Two Carols from the British Isles
(What Child Is This?/God Rest You Merry, Gentlemen)

Mark Hayes

Tunes: GREENSLEEVES,
GOD REST YOU MERRY
Traditional English Melodies

Duration: 2:40
Still, Still, Still

Mark Hayes
Tune: STILL, STILL, STILL
Traditional Austrian Carol

Adagio \( \frac{\text{ca. 72}}{} \)

Expressively

\( m \)p

Duration: 3:15
Go, Tell It on the Mountain

Mark Hayes
Tune: go tell it
Traditional Spiritual

Spirited \( \frac{j}{\text{s}} \) = ca. 96

Duration: 3:10
Fum, Fum, Fum

Mark Hayes
Traditional Catalan Carol

Brightly, with energy \( \frac{\text{d}}{\text{d}} \) = ca. 112

Duration: 2:45
Jesu, Joy of Man’s Desiring

Mark Hayes

Tune: JESU, JOY OF MAN’S DESIRING
by Johann Sebastian Bach (1685-1750)

Moderately \( \frac{=} {\text{= ca. 80}} \)

\[\text{Duration: 2:40}\]