

# A Mountain Psalm

(A meditation on Psalm 121)

Helen Kemp  
Based on Psalm 121

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Thoughtfully (♩ = ca. 72)

Unison *mp*

Musical score for the first system. The vocal line is in 4/4 time, starting with a whole rest followed by a half note G4, quarter notes A4 and B4, and a half note C5. The piano accompaniment consists of a right hand with chords and a left hand with a simple bass line. The tempo is marked 'Thoughtfully' with a quarter note equal to approximately 72 beats per minute.

To the hills I lift up — my

Piano

4

Musical score for the second system. The vocal line continues with a quarter note D5, eighth notes E5 and F5, a triplet of G5, A5, and B5, and a quarter note C6. The piano accompaniment continues with chords and a bass line. The tempo remains 'Thoughtfully'.

eyes. To the hills and the skies I lift up my eyes, to the

with movement, but not fast

*mf* ♩ = 66

Musical score for the third system. It features two vocal parts, Part I and Part II, and piano accompaniment. Part I starts with a quarter note G4, quarter notes A4 and B4, and a half note C5. Part II starts with a quarter note G4, quarter notes A4 and B4, and a half note C5. The piano accompaniment includes chords and a bass line. The tempo is marked 'with movement, but not fast' with a quarter note equal to 66 beats per minute.

hills, to the hills!

And I won-der, — I

hills, to the hills!

I won-der, —

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won-der, \_ from where does my help come when I call out for help, \_

I won-der, \_ from where does my help come.

14

*with intensity*

when I need some-one near me \_ to

when I call out for help, \_ to lis-ten and hear me, to

17 *slower* , *a tempo*

love and to cheer me? \_ From where does my help come?

*slower* , *a tempo*

love and to cheer me? \_ From where does my help come?

*slower* , *a tempo* *f*

## With confidence and joy

♩ = 88)

Unison (*mf*)

21

*p slower* *mf* *with majesty* My help comes from the

26

Lord a-bove, the Lord who made heav - en and earth! — The Lord is my

30

help - er, the Lord is my guide, my faith-ful com -

34

pan - ion who stays by my side. The Lord is my