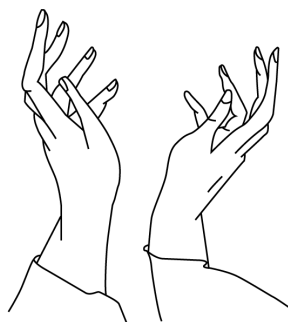


We Lift Up Our Hearts

Richard M. Fewkes

Unison children's choir, SATB choir and piano



Elizabeth Alexander

We Lift Up Our Hearts in Thanks, unabridged:

*For the sun and the dawn which we did not create;
For the moon and the evening which we did not make;
For food which we plant but cannot grow;
For friends and loved ones we have not earned and cannot buy;
For this gathered company which welcomes us as we are,
 from wherever we have come;
For all our free churches that keep us human
 and encourage us in our quest for beauty, truth, and love;
For all things which come to us as gifts of being from sources beyond ourselves;
 Gifts of life and love and friendship,
 We lift up our hearts in thanks this day.*

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Composer's Note:

“When I first came across Dick Fewkes’ poetic prayer of thanksgiving, I was seeking a blessing for my family’s meals — a challenging task, given my rather exhaustive criteria. I wanted a blessing that was meaningful to people of all ages, beautiful in language and form, and appropriate in the presence of any guest. Fewkes’ opening lines spoke to me at once! In a slightly abridged form, his prayer has “graced” our table ever since.

I am grateful to Dick Fewkes for allowing me to set my abridged version of his prayer to music, and to write my own additional lyrics for the adult choir. The prayer in its original form appears above.

The cover art on this publication was created by a member of the Ty Mam Duw Poor Clare Colettine Community in Wales, Great Britain. Many thanks to this community, which gave its generous permission to use this image.” - E.A.

For more information about Elizabeth and her music, visit:

www.seafarerpress.com

We Lift Up Our Hearts

for children's choir, SATB choir and piano

Richard M. Fewkes, adapted
additional lyrics by Elizabeth Alexander

Elizabeth Alexander

(q=88-92)

Children

Soprano

Alto

Tenor

Bass

Piano

mp

ten.

p

Ped. Ped. Ped. Ped. Ped. Ped.

6

C

p

For the sun and the dawn which

Pno

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

11

C

we did not cre - ate, For the moon and the eve - ning which

Pno

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

15

C

we did not de - sign, For food which we plant but can - not grow,

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

19

C

food which we plant but can - not grow, For friends and

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

23

C

loved ones we have not earned and can - not buy For

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. *

29

C

all gifts which come from a source be - yond our - selves, we lift

Pno

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

33

C

up our hearts, we lift up our hearts in

Pno

Ped. Ped. Ped. Ped. Ped. Ped. Ped.

37

C

thanks.

Pno

(in thanks) ten. with greater intensity

Ped. Ped. Ped. Ped. Ped. Ped.

42

Pno

Ped. Ped. Ped. Ped.

Opal Palmer Adisa, poet ◦ Margaret & George Alexander, parents ◦ Yehuda Amichai, poet ◦ Bjorn Arneson, generous web designer ◦ Scott Bates, poet ◦ Abbie Betinis, composer/colleague ◦ Dennis Blubaugh, music dealer ◦ Michael deVernon Boblett, poet ◦ Ray Bradbury, writer ◦ Norbert Capek, visionary ◦ e. e. cummings, poet ◦ Philip Dacey, poet ◦ Emily Dickinson, poet ◦ Evelyn Dudley, poet ◦ Rob Eller-Isaacs, minister/writer ◦ Sophia Lyon Fahs, writer ◦ Richard M. Fewkes, writer ◦ Peshah Gertler, poet ◦ Richard S. Gilbert, minister/writer ◦ Jack Gallagher, composer/teacher ◦ Paul Gerike, proofreader ◦ Steve Harper, technical advisor ◦ Steve Hawkins, generous web designer ◦ Edie Hill, composer/colleague ◦ Langston Hughes, poet ◦ Mark Humphrey, piano technician ◦ Karel Husa, composer/teacher ◦ Kalidasa, poet ◦ Garrison Keillor, storyteller ◦ Denise Levertov, poet ◦ George Ella Lyon, poet ◦ Jonathan Machen, artist ◦ Edna St. Vincent Millay, poet ◦ J. David Moore, composer/colleague ◦ Joan Wolf Prefontaine, poet ◦ Gerald Rich, poet ◦ Carl Sandburg, poet ◦ King Sigismund III, religious reformer ◦ Steven Stucky, composer/teacher ◦ Rabindranath Tagore, poet ◦ Howard Thurman, civil rights leader/writer ◦ John Greenleaf Whittier, poet ◦ Theodor S. Dickerling Williams, poet ◦ Daniel Winter, pianist/teacher ◦ Nancy Wood, poet ◦ Yehudi Wyner, composer/teacher ◦ Paul Adams, technical advisor

A LOT OF HARD WORK & CREATIVITY WENT INTO BRINGING THIS MUSIC TO YOU...



...AND SOME OF IT WAS EVEN MINE.

THIS PAGE HAS BEEN INTENTIONALLY LEFT BLANK.

(YOU KNOW WHY.)

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51

C moon and the eve - ning which we did not de -

S dark - ness that brings on the peace - ful night,

A dark - ness that brings on the peace - - - ful

T dark - ness that brings on the peace - - - ful

B dark - ness that brings on the peace - - - ful

Pno *marcato*

Ped. Ped. Ped. Ped. Ped.

54

C sign, For food which we plant but can - not grow,

S For all the man - y sleep - ing seeds we sow,

A night, For seeds we sow, For

T night, For seeds we sow, For

B night, For seeds we sow, For

Pno

Ped. Ped. Ped. Ped. Ped. Ped.

57

C *f* *mp*
food which we plant but can - not grow, For

S *mf* *p*
sleep - ing seeds we sow, For

A *mf* *p*
sleep - - ing seeds which we sow, For

T *mf* *p*
sleep - - ing seeds which we sow, For

B *mf* *p*
sleep - - ing seeds which we sow, For

Pno *mf*
Ped. Ped. Ped. Ped. Ped. Ped.

60

C
friends and loved ones we

S
friends and loved ones we

A
friends and loved ones whom we

T
friends and loved ones whom we

B
friends and loved ones whom we

Pno *p*
Ped. Ped. Ped. Ped. Ped. Ped. Ped.

63 *rit.* *a tempo*
C have not earned and can - not buy, For
S have not earned and can - not buy, For
A have not earned and can - not buy, For
T have not earned and can - not buy, For
B have not earned and can - not buy, For
Pno *rit.* *a tempo*
Ped. Ped. Ped. Ped. *

67
C all gifts which come from a source be - yond our -
S all gifts which come from a source be - yond our -
A all gifts which come from a source be - yond our -
T all gifts which come from a source be - yond our -
B all gifts which come from a source be - yond our -
Pno
Ped. Ped. Ped. Ped. Ped. Ped. Ped.

70

C
selves, we lift up our hearts, — We lift up our hearts —

S
selves, we lift up our hearts, — We lift up our

A
selves, we lift up our hearts, — We lift up our

T
selves, we lift up our hearts, We lift up our

B
selves, we lift our hearts, We lift our

Pno

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

74 *rall.*

C
— in thanks, — in thanks.

S
hearts, lift up our hearts in thanks.

A
hearts, lift up our hearts in thanks.

T
hearts, lift up our hearts in thanks.

B
hearts, lift our hearts in thanks. *div.*

Pno

rall.

Ped. Ped. Ped. Ped.