

Be Still and Know

Meditation No. 9

$\text{♩} = 96$
Descant

Oh . . .

Tenor

Alto

1

Be still and know

I am the God that heal - eth thee.

In thee, O God, I put my trust. In

I am the God that heal - eth thee.

thee, O God, I put my trust.

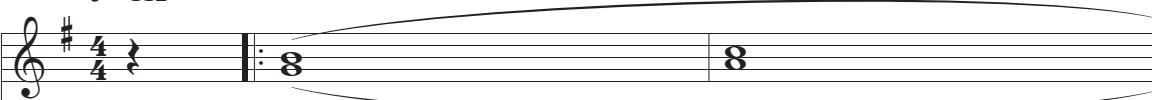
that I am God.

The musical score is written for three voices: Descant, Tenor, and Alto. The time signature is 4/4, and the tempo is marked as quarter note = 96. The key signature has two flats (B-flat and E-flat). The Descant part is a single melodic line. The Tenor and Alto parts are accompanied by a piano accompaniment consisting of a grand staff (treble and bass clefs). The lyrics are written below the vocal staves. The score is divided into two systems, with a first ending bracket labeled '1' under the piano accompaniment in the first system.

Text: Ana Hernández, b. 1957, based on Psalm 46:10
Music: Ana Hernández, incorporating ADORO TE DEVOTE, Plainsong mode V, *Processionale*, Paris, 1697
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Be the Peace

$\text{♩} = 112$

1 
Peace.

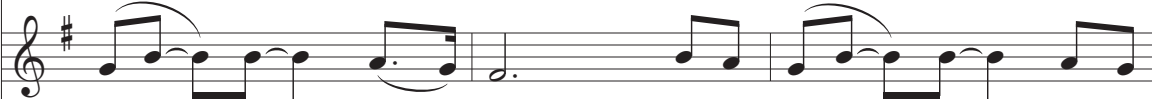
2 
Be world. Be the peace peace... you

4 
In our hands peace, on our lips peace, in our

3 
Sha - lom, sha - lom, sha - lom. Sa -


Peace.


wish to see in the world. Be the


lives peace, be peace. In our hands peace, on our


lam, sa - lam, sa - lam. Sha - lom, sha - lom, sha - lom.

Text: Ana Hernández, adapted from Gandhi, 1869–1948
Music: Ana Hernández, b. 1957
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Hold My Hope

$\text{♩} = 92$
Soprano

7
6

Hold my hope,

Alto

4
5

Hold my trem-bling. Hold my trem-bling.

Tenor

3

Hold my trem-bling. Hold my trem-bling.

Bass I

1

Hold my hope. Hold my hope.

Bass II

2

(hope.) Hold my hope. Hold my

mf

hold my tremb-ling. Hold my

Hold my trem-bling. Hold my trem-bling. Hold my trem-bling.

Hold my trem-bling. Hold my trem-bling. Hold my trem-bling.

Hold my hope. Hold my hope. Hold my hope.

hope. Hold my hope. Hold my hope. Hold my

**Rest is observed first time only.*

Text: Ana Hernández, b. 1957
Music: Ana Hernández
Music © 2026 Augsburg Fortress

Let Us Prepare

Advent Refrain

$\text{♩} = 100$
Soprano *Begin 2nd time, continue*

Alto

Tenor

Bass

Come, O come! O come.

God. Let us pre - pare. Let us pre -

Let us pre - pare.

Let us pre - pare. Let us pre - pare.

O come.

Text: based on Psalm 141:2
Music: Ana Hernández, b. 1957
Music © 2026 Augsburg Fortress

This ostinato refrain may provide a few moments of meditative gathering or reflection at any Advent service. Begin with the bass drone (close to a hum on the held notes of “come,” but not on the initial “come”). Add the upper parts and, if you like, instrumental or vocal improvisation after a few times through. You may add a humming verse, over which a psalm or prayer might be spoken, and the parts may be swapped with trebles singing the drone and the tenors and basses sharing the other three lines. Play with it as you wish.

O Love That Casts Out Fear

Great Love!

$\text{♩} = 116$

Leader All

1 O love that casts out fear, O love that casts out fear,
2 True sun - light of the soul, True sun - light of the soul,

Leader All

O love that casts out sin, O love that casts out sin,
sur - round us as we go. sur - round us as we go,

Leader All

tar-ry no more with - out, but come, oh, come and dwell with - in! oh,
So . . . shall our way be safe, our feet no stray - ing know. our

Leader All

Great love! Great

come and dwell with - in! Great love!
feet no stray - ing know.

love of God, come in!

Great love of God, come in!

Tar-ry no more with - out, but come, oh, come and dwell with - in!
Well - spring of heav'n - ly peace, spring up and nev - er cease!

Oh,
Spring

Text: Horatius Bonar, 1808–1889, alt.
Music: Ana Hernández, b. 1957
Music © 2026 Augsburg Fortress

The Steadfast Love of God

♩ = 74

Leader

The steadfast love of God nev-er ceas-es.

All

The steadfast love of

God's mer-cies nev-er come to an end.

God nev-er ceas-es.

God's mer-cies nev-er

They are new ev-'ry mor-ning.

come to an end.

They are new ev-'ry

Your faith-ful-ness, O God, is great.

mor-ning.

Your faith-ful-ness, O

You are all that I have,

God, is great.

You are all that I

Text: Ana Hernández, b. 1957

Music: Ana Hernández

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An echo song, this requires no practice, just listening and repeating. This is one of my favorite reminders that God is on the job and that even when the world looks bleak, there is always hope.

Hold My Hope, by Ana Hernández, ISBN 979-8-3419-0589-4

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The image displays a musical score for the hymn "Where You Go, I Will Go." It is arranged for a vocal ensemble (Soprano, Alto, Tenor, Bass) and piano accompaniment. The score is written in 4/4 time and consists of five systems of staves. The vocal parts are in treble clef, and the piano accompaniment is in bass clef. The lyrics are: "Where you go, I will go. Where you stay, I will stay." The piano part provides a harmonic accompaniment, featuring chords and moving lines that support the vocal melody.

System 1: Soprano: Where you go, I will go. Alto: Where you go, I will go. Tenor: Where you stay, I will stay. Bass: Where you go, I will go. Piano: Accompaniment.

System 2: Soprano: Where you go, I will go. Alto: Where you go, I will go. Tenor: Where you stay, I will stay. Bass: Where you go, I will go. Piano: Accompaniment.

System 3: Soprano: Where you go, I will go. Alto: Where you go, I will go. Tenor: Where you stay, I will stay. Bass: Where you go, I will go. Piano: Accompaniment.

System 4: Soprano: Where you go, I will go. Alto: Where you go, I will go. Tenor: Where you stay, I will stay. Bass: Where you go, I will go. Piano: Accompaniment.

System 5: Soprano: Where you go, I will go. Alto: Where you go, I will go. Tenor: Where you stay, I will stay. Bass: Where you go, I will go. Piano: Accompaniment.

stay. Your peo - ple will be my peo - ple and your
 stay. Your peo - ple will be my peo - ple and your
 stay. Your peo - ple will be my peo - ple and your
 stay. Your peo - ple are my peo - ple and your

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You Are Beloved

$\text{♩} = 84$
Melody

You are be - loved, for God is love, you

Soprano You are loved, for God is love,

Alto

Tenor You are be - loved, be - loved of God, for

Bass You are loved, for

are be - loved of God. You are be - loved, for

God is love. So let us love

God is love. So let us love

God is love. So let us love, for

Text: Ana Hernández, b. 1957, based on 1 John 4:7-8
Music: St. COLUMBA, Irish tune, arr. Ana Hernández, b. 1957
Text and music © 2026 Augsburg Fortress

This may be done many ways. Here's one:

- Verse 1: Solo voice
- Verses 2–4: SSATB
- Verses 5 and 6: Instrumental solos with chords (jazz chords are nice!); voices tacet
- Verse 7: Soprano II with soloists
- Verse 8: Melody tacet, with chords

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Yesuve Saranam

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