Not on Bread Alone Are We Nourished
First Sunday of Lent, Song for the Table

Descant 1 (Canon)

Not on bread a - lone are we

Descant 2 (Harmony)

Not on bread a - lone but the

Drone

Antiphon \( \text{d} = \text{ca. 76} \)

Capo 3: (Am)

\( \text{Cm} \)

\( A^{4+2} \)

\( C^{4+2} \)

\( \text{Am} \)

\( \text{Cm} \)

\( A^{4+2} \)

\( C^{4+2} \)

Not on bread a - lone are we nour - ish’d,

nour - ish’d,

but on e - v’ry word from God.

word of God.

\( \text{Am} \)

\( \text{Cm} \)

\( A^{4+2} \)

\( C^{4+2} \)

\( \text{Am} \)

\( \text{D/A} \)

\( \text{F/C} \)

\( \text{Am} \)

\( \text{Cm} \)

but on e - v’ry word from God.*

* The word God lasts for four beats only, unless Descant 1 is being sung, when it is prolonged for an additional measure.
Psalm 19

1. The heavens proclaim the glory of God, and the firmament shows forth the work of God’s hands. Day unto day takes up the story and night unto night makes known the message.

2. No speech, no word, no voice is heard yet their span extends through all the earth, [omit C] their words to the utmost bounds of the world.

3. There God has placed a tent for the sun; it comes forth like a bridegroom coming from his tent, [omit C] rejoices like a champion to run its course.

4. At the end of the sky is the rising of the sun; to the furthest end of the sky is its course. [omit C] There is nothing concealed from its burning heat.

5. The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple.

6. The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes.

7. The fear of the Lord is holy, abiding for ever. The decrees of the Lord are truth and all of them just.

8. They are more to be desired than gold, than the purest of gold and sweeter are they than honey, than honey from the comb.

9. So in them your servant finds instruction; great reward is in their keeping. But can we discern all our errors? From hidden faults acquit us.

10. From presumption restrain your servant and let it not rule me. Then shall I be blameless, clean from grave sin.

11. May the spoken words of my mouth, the thoughts of my heart, win favor in your sight, O Lord, my rescuer, my rock!

Performance Notes
The Antiphon melody is derived from the hymn tune PICARDY.

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You Are Light in the Lord
Fourth Sunday of Lent, Song for the Table

Descant 1

Tenor Descant

Antiphon \( \text{C} \) \( \text{Em} \) \( \text{Am} \) \( \text{Em/G} \) \( \text{F} \) \( \text{G7/F} \)

You are light, no longer in
You are light in the Lord: live no longer in

live and walk in the light.
darkness: walk in the light.

\( \text{C/E} \) \( \text{Dm7} \) \( \text{G} \)
darkness but walk in the light.
Verse Tone

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Isaiah 58:8-12; 60:1-5, 19-22

1. Your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

2. Then you shall call and the LORD will answer;
you shall cry for help, and he will say, Here I am.
If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
[repeat entire tone]
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.

3. The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water, whose waters will never fail.

4. Your ancient ruins shall be rebuilt;
you shall raise up the foundations
of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

5. Arise, shine; for your light has come,
the glory of the LORD has risen upon you.
For darkness shall cover the earth,
and thick darkness the peoples.

6. The LORD will rise upon you,
and his glory will appear over you.
Nations shall come to your light,
and kings to the brightness of your dawn.

7. Lift up your eyes and look around;
they all gather together, they come to you;
your sons shall come from far away,
and your daughters shall be carried
on their nurses' arms.

8. Then you shall see and be radiant;
[omit B-C]
your heart shall thrill and rejoice.

9. The sun shall no longer be your light by day,
nor for brightness shall the moon
give light to you by night;
but the LORD will be your everlasting light,
and your God will be your glory.

10. Your sun shall no more go down,
or your moon withdraw itself;
for the LORD will be your everlasting light,
and your days of mourning shall be ended.

11. Your people shall all be righteous;
they shall possess the land forever.
They are the shoot that I planted,
the work of my hands,
so that I might be glorified.

12. The least of them shall become a clan,
and the smallest one a mighty nation:
I am the LORD;
in its time I will accomplish it quickly.
I Am the Resurrection
Fifth Sunday of Lent, Song for the Table

Antiphon \( \text{J} \) = ca. 120

C C/E F C/E Dm7

I am the resurrection,
I am the life.
Those who believe in

Am Dm7 G Dm7 G

me never die, never die.

Verse Tone
C C/E F C/E Dm Am Dm7 G

John 12:23-26, 31-32, 35-36 (option 1)

1. The hour has come for the
   Son of Man to be glorified.
   Very truly, I tell you, unless a grain of wheat
   falls to the ground and dies,
   it remains just a single grain;
   but if it dies, it bears much fruit.

2. Those who love their life lose it,
   and those who hate their life in this world
   will keep it for eternal life.

3. Whoever serves me must follow me,
   and where I am, there will my servant be also.
   Whoever serves me, the Father will honor.

4. Now is the judgement of this world;
   now the ruler of this world will be driven out.
   And I, when I am lifted up from the earth,
   will draw all people to myself.

5. The light is with you for a little longer.
   Walk while you have the light,
   so that the darkness may not overtake you.

6. If you walk in the darkness,
   you do not know where you are going.
   While you have the light, believe in the light,
   so that you may become children of light.
Psalm 34 (option II)

1. I will bless the Lord at all times,
   God's praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

2. Glorify the Lord with me.
   Together let us praise God's name.
   I sought the Lord and was heard;
   from all my terrors set free.

3. Look towards God and be radiant;
   let your faces not be abashed.
   When the poor cry out the Lord hears them
   and rescues them from all their distress.

4. The angel of the Lord is encamped
   around those who fear God, to rescue them.
   Taste and see that the Lord is good.
   They are happy who seek refuge in God.

5. Revere the Lord, you saints.
   They lack nothing, who revere the Lord.
   Strong lions suffer want and go hungry
   but those who seek the Lord lack no blessing.

6. Come, children and hear me
   that I may teach you the fear of the Lord.
   Who are those who long for life
   and many days, to enjoy their prosperity?

7. Then keep your tongue from evil
   and your lips from speaking deceit.
   Turn aside from evil and do good;
   seek and strive after peace.

8. The eyes of the Lord are toward the just
   and his ears toward their appeal.
   The face of the Lord rebuffs the wicked
to destroy their remembrance from the earth.

9. They call and the Lord hears
   and rescues them in all their distress.
   The Lord is close to the broken-hearted;
those whose spirit is crushed God will save.

10. Many are the trials of the upright
    but the Lord will come to rescue them,
    keeping guard over all their bones,
    not one of their bones shall be broken.

11. Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransom's the souls of the faithful.
   None who trust in God shall be condemned.

Performance Notes
Words with a double underline are sung over the slurred G–A.