

Sponsored by the Rev. Nancy Haley in honor of the Unitarian Universalist Society of Iowa City,
in celebration of ten years as a GLBT Welcoming Congregation

All Lifted Hearts

Words:
Kendyl Gibbons

from *Sources: a Unitarian Universalist Cantata*
Third movement - Wisdom from the world's religions
which inspires us in our ethical and spiritual life

Music:
Jason Shelton

Reverently $\text{♩} = 84$

Piano



mp (pedal freely)

The piano introduction consists of two staves. The right hand plays a series of chords and arpeggiated figures, while the left hand plays a steady eighth-note accompaniment. The tempo is marked as 84 beats per minute.

Cong. *mp* **A**

7 solo:

Ma ny win-dows, one light; Ma ny wa - ters, one sea;

Pno.



This section features a solo for the Congregation and piano accompaniment. The Congregation part is marked *mp* and includes a box labeled 'A'. The piano accompaniment continues with a similar texture to the introduction.

Cong. **B** congregation:

13 All lif-ted hearts — are free. Ma ny win-dows, one light; Ma ny


S/A

13 Ma ny win-dows, one light; Ma ny

T/B

13 Ma ny win-dows, one light; Ma ny

Pno.



This section includes parts for the Congregation, Soprano/Alto (S/A), Tenor/Bass (T/B), and Piano. The Congregation part is marked 'congregation:' and includes a box labeled 'B'. The lyrics are: 'All lif-ted hearts — are free. Ma ny win-dows, one light; Ma ny'. The piano accompaniment continues with a similar texture.

19

Cong. wa - ters, one sea; All lif - ted hearts _ are free. _____

S/A wa - ters, one sea; All lif - ted hearts _ are free. _____

T/B wa - ters, one sea; All lif - ted hearts _ are free. _____

Pno.

C Cue: Narration 1

25

Pno.

31

Pno.

All Lifted Hearts

D

mf

Cong. *mf* Ma ny win-dows, one light; Ma ny

S/A Ma - ny win - dows,

T/B Ma - ny win - dows,

Pno. *mf*

Cong. 43 wa - ters, one sea; All lif-ted hearts are free.

S/A 43 Ma - ny wa - ters, All lif-ted hearts are free.

T/B 43 Ma - ny wa - ters, All lif-ted hearts are free.

Pno. 43 *mp*

E Cue: Narration 2

Pno. 49

54

Pno.

60

Cong.

S/A

Pno.

mf

Ma ny

Ma ny

F

65

Cong.

S/A

T/B

Pno.


win - dows, one light; Ma-ny wa - ters, one sea;


win - dows, one light; Ma-ny wa - ters, one sea;


Ma - ny win - dows, Ma - ny wa - ters,

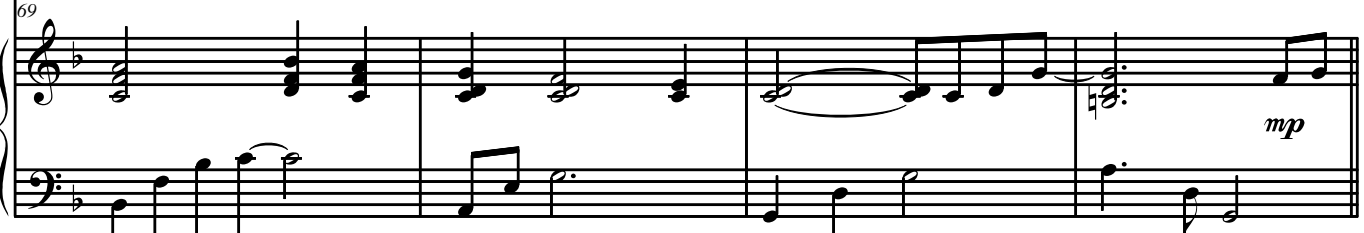
mf

69


Cong. 


S/A 

T/B 

Pno. 

G Cue: Narration 3

73 

79 

mf

85

Cong. *Ma ny win-dows, one light; Ma ny*

S/A *Ma - ny win - dows,*

T/B *Ma ny win-dows, one light; Ma ny*

Pno. *mf*

91

Cong. *wa - ters, one sea; All lif ted hearts_ are free.*

S/A *Ma - ny wa - ters, All lif ted hearts are free.*

T/B *wa - ters, one sea; All lif ted hearts_ are free.*

Pno. *mp*

Cue: Narration 4

97

Pno.

103

Pno.

mf

f [J]

Detailed description: This block contains the piano accompaniment for measures 103 through 108. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat (B-flat major or D minor). The tempo and dynamics are marked as mezzo-forte (*mf*) and forte (*f*). A 'J' time signature is present in measure 107. The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

109

Cong.

Ma ny win-dows, one light; Ma ny

Detailed description: This block shows the congregation vocal line for measures 109 through 114. The music is written on a single staff in a treble clef. The lyrics are: "Ma ny win-dows, one light; Ma ny". The melody is simple and consists of quarter and eighth notes.

109

S/A

Ma - ny win - dows,

Detailed description: This block shows the soprano/alto (S/A) vocal line for measures 109 through 114. The music is written on a single staff in a treble clef. The lyrics are: "Ma - ny win - dows,". The melody is simple and consists of quarter and eighth notes.

109

T/B

Ma - ny win - dows,

Detailed description: This block shows the tenor/bass (T/B) vocal line for measures 109 through 114. The music is written on a single staff in a bass clef. The lyrics are: "Ma - ny win - dows,". The melody is simple and consists of quarter and eighth notes.

109

Pno.

f

Detailed description: This block contains the piano accompaniment for measures 109 through 114. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat. The tempo and dynamics are marked as forte (*f*). The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

115

Cong.

wa - ters, one sea; All lif-ted hearts are free.

Detailed description: This block shows the congregation vocal line for measures 115 through 120. The music is written on a single staff in a treble clef. The lyrics are: "wa - ters, one sea; All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

S/A

Ma - ny wa - ters, All lif-ted hearts are free.

Detailed description: This block shows the soprano/alto (S/A) vocal line for measures 115 through 120. The music is written on a single staff in a treble clef. The lyrics are: "Ma - ny wa - ters, All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

T/B

Ma - ny wa - ters, All lif-ted hearts are free.

Detailed description: This block shows the tenor/bass (T/B) vocal line for measures 115 through 120. The music is written on a single staff in a bass clef. The lyrics are: "Ma - ny wa - ters, All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

Pno.

mp

Detailed description: This block contains the piano accompaniment for measures 115 through 120. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat. The tempo and dynamics are marked as mezzo-piano (*mp*). The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

K

Spoken chant - in a meditative tone

121

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

Pno.

125

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa - co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa - co, Mir...

Pno.

L

129

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

Pno.

133

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

Pno.

M

137

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

Pno.

141

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do hi-yi; Pax, Pa-co, Mir...

Pno.

Red. (hold through end)

145

S/A

Peace... *Whisper. Each person repeat at your own pace.* *Repeat and fade*

145

T/B

Peace...

145

Pno.

Repeat and fade

Detailed description: This is a musical score for three parts: Soprano/Alto (S/A), Tenor/Bass (T/B), and Piano (Pno.). The score is in 4/4 time and begins at measure 145. The S/A part has a treble clef and a key signature of one flat (B-flat). The T/B part has a bass clef and the same key signature. The Pno. part is written for grand piano with both treble and bass staves. The lyrics 'Peace...' are written under the vocal lines. Performance instructions include 'Whisper. Each person repeat at your own pace.' and 'Repeat and fade' for both vocal parts and the piano accompaniment. The piano accompaniment features a steady eighth-note pattern in the right hand and a similar pattern in the left hand.

Third Source: Wisdom from the world's religions which inspire us in our ethical and spiritual life...

Refrain: Many windows, one light;
Many waters, one sea;
All lifted hearts are free.

(1)

Narrator 1. In the Talmud of the Jewish tradition, the sage Hillel said:
What is hateful to you, do not do to others.
This is the whole of the Law; all the rest is commentary.

Narrator 2. In the Hindu legend of the Mahabharata, the divine Krishna declared:
This is the sum of duty: Do nothing unto others which would cause you pain
if done to you.

1. It is written; it is taught; may it be so.

Many windows...

(2)

2. In the Gospel of Matthew in the Christian scriptures, the messiah Jesus says:
Whatever you wish that others would do to you, do so to them.

1. In the Buddhist text of the Udanavarga, the student is urged:
Hurt not others in ways that you yourself would find hurtful.

2. It is written; it is taught; may it be so.

Many windows...

(3)

1. In the Muslim Hadith of al Nawawi, the prophet Mohammed teaches:
No one of you is a believer until he desires for his brother that which he
desires for himself.

2. In the T'ai Shang treatise of Taoism, the seeker is instructed:
Regard your neighbor's gain as your gain, and your neighbor's loss as your
own loss.

1. It is written; it is taught; may it be so.

Many windows...

(4)

2. In the ancient wisdom of Shinto there is a saying:
The heart of the person before you is a mirror. See there your own form.

1. The Oglala Lakota spiritual leader Black Elk wrote:
All things are our relatives; what we do to everything, we do to ourselves.

2. It is written; it is taught; may it be so.

Many windows...

Shanti, shalom; hasiti, salaam; heiwa, dohiyi; pax, paco, mir...
Peace...

Pronunciation guide:

Shahn-tee (Hindi), shah-lohm (Hebrew); hah-see-tee (Kurdish),
sah-laam (Arabic); hey-wah (Japanese), doh-hee-yee (Cherokee);
pahcks (Latin), paht-soh (Esperanto), meer (Russian)