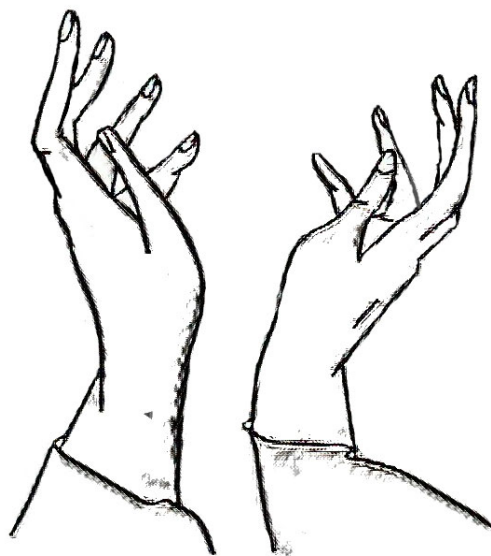


We Lift Up Our Hearts

Richard M. Fewkes

Children's choir, adult choir and piano



Elizabeth Alexander

Seafarer Press

We Lift Up Our Hearts

Richard M. Fewkes, adapted by Elizabeth Alexander

For the sun and the dawn which we did not create;
For the moon and the evening which we did not design;
For food which we plant but cannot grow;
For friends and loved ones we have not earned and cannot buy;
For all gifts which come from a source beyond ourselves,
We lift up our hearts in thanks.

Adapted text © 2000 Richard M. Fewkes and Elizabeth Alexander
For use in musical setting only.

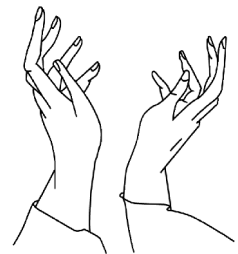
Additional lyrics:

For morning bathed in golden light...
For raindrops cool and snowflakes white...
For the darkness that brings on the peaceful night...
For all the sleeping seeds we sow...

Additional lyrics © 2000 by Elizabeth Alexander

Composer's Note: When I first came across Dick Fewkes' prayer of thanksgiving, I was seeking a blessing for my family's meals – a challenging task, given my exhaustive criteria. It needed to be meaningful to people of all ages, beautiful in language and form, and appropriate in the presence of any guest. I fell in love with the images in Fewkes' prayer immediately, and in its adapted form it has graced my table ever since.

Cover art: "Praying Hands" provided courtesy of the Ty Mam Duw Poor Clare Colettine Community in Wales, Great Britain.



We Lift Up Our Hearts

unison children children's choir, SATB, piano

Richard M. Fewkes, adapted
Additional lyrics by Elizabeth Alexander

Elizabeth Alexander

With grace

Children

Soprano

Alto

Tenor

Bass

Piano

p

Red. Red. Red. Red. Red. Red.

6

C

p

For the sun and the dawn which

Pno

Red. Red. Red. Red. Red. Red. Red. Red.

Children's song © 2000 by Elizabeth Alexander
New intergenerational arrangement © 2018 by Elizabeth Alexander

11

C

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

Pno

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

16

C

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

Pno

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

20

C

but can - not grow, For friends and loved ones we

Pno

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

f *mp*

Opal Palmer Adisa, poet • Paul Adams, technological hero • Stephen Alexander, lyric consultant • Ginny Allen, Agile coach and friend • The great people at American Composers Forum • Yehuda Amichai, poet • A. R. Ammons, poet • Jennifer Anderson, conductor and composer advocate • Scott Bates, poet • Abbie Betinis, initiator of collaborative endeavors • Beth Norton, conductor and composer advocate • Dennis Blubaugh, more than just a music dealer • Michael deVernon Boblett, poet • Edna Busby, my first piano teacher • Ray Bradbury, writer • Augustin Cadena, translator • Norbert Capek, minister and advocate for religious freedom • Jessica Corbett, editor • David Cummings, poet • Philip Dacey, poet • Catherine Dalton, composer and scrum partner • Emily Dickinson, poet • Evelyn Dudley, poet and caregiver • Rob Eller-Isaacs, minister and composer advocate • Ralph Waldo Emerson, philosopher and poet • Louise Erdrich, writer • David Allan Evans, poet • Sophia Lyon Fahs, writer • Richard M. Fewkes, minister and writer • Sasha Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Michael Hagan, founders of Graphite Marketplace • Steve Harper, just about everything • Steve Harkins, web designer • Edie Hill, composer and friend • Langston Hughes, poet • Margaret and George Heald, piano technician • Karel Husa, composer and teacher • David Ignatow, poet • Kabir, mystic • Linda Kachelmeier, composer and scrum partner • Ruth Palmer, conductor and composer advocate • Joan Wolf Prefontaine, poet • Paul Rardin, conductor and composer advocate • Kalidasa, poet • Steve Kaul, recording engineer • Søren Kierkegaard, philosopher and poet • Dorothy Knost, piano teacher • Ben Krywosz, artistic director of Nautilus Music-Theater • Denise Levertov, poet • George Ella Lyon, poet • Jonathan Machen, vocalist • Dawna Markova, writer • Anne Matlack, conductor and composer advocate • Nancy Menk, composer advocate • Edna St. Vincent Millay, poet • Jane Ramseyer Miller, conductor, composer, social activist • Joe Mish, conductor and composer advocate • J. David Moore, composer • Gerald Rich, poet • Carl Sandburg, poet • friend • King Sigismund III, religious reformer • Ann Silsbee, composer, poet and friend • Simon Alexander-Adams, sounding board, fellow creative, and awesome son • Steven Stucky, composer and teacher • Rabindranath Tagore, poet • Sister Peronne Marie Thibert, teacher and writer • Oliver Alexander-Adams, unconventional thinker and light of my life • Howard Thurman, civil rights leader and writer • Everyone whose work supports the Association for Unitarian Universalist Music Ministries • Charles Varney, high school choral director • Anna Vonhuben, illustrator and graphic designer • Nancy White, poet • John Greenleaf Whittier, poet • Theodore Chickering Williams, poet • Daniel Winter, pianist and teacher • Nancy Wood, poet • Yehudi Wyner, composer and teacher

**A lot of hard work
and creativity went
into bringing this
music to you...**



**...and some of it
was even mine.**

**This page has been intentionally omitted.
(You know why.) A complete perusal score may be
purchased through any music store or dealer.**

Elizabeth Alexander

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41 **A**

mp

T
For morn - ing bathed in gol - den light, For rain - drops cool and snow - flakes white,

B
For morn - ing bathed in gol - den light, For rain - drops cool and snow - flakes white,

Pno
mp
Ped. Ped. Ped. Ped. Ped. Ped. Ped.

45

S
For sil - ver stars em - bel - lish - ing the peace - ful night, For all the sleep - ing

A
For sil - ver stars em - bel - lish - ing the peace - ful night, For all the sleep - ing

T
For stars em - bel - lish - ing the peace - ful night, Oh, _____

B
For _____ the peace - ful night, Oh, _____

Pno
Ped. Ped. Ped. Ped. Ped. Ped. Ped.

50 *mf*

S seeds we sow, for all the sleep-ing seeds we sow, For friends and

A seeds we sow, for all the sleep-ing seeds we sow, For friends and

T We sow, the sleep-ing seeds we sow, For friends and

B We sow, the sleep-ing seeds we sow, For friends and

Pno *mf*

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

55 *p*

S loved ones we have not earned and can - not buy...

A loved ones, loved ones we have not earned and can - not, can - not buy...

T loved ones, loved ones we have not earned and can - not, can - not buy...

B loved ones, loved ones we have not earned and can - not buy...

Pno *p*

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

61

Pno

Ped. Ped. Ped. Ped.

65

C

Pno

mf

Ped. Ped. Ped. Ped.

For the

69 **B**

C

T

B

Pno

mp

mp

mf

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

sun and the dawn which we did not cre - ate, For the

For morn - ing bathed in gol - den light, For rain - drops cool and snow - flakes white,

For morn - ing bathed in gol - den light, For rain - drops cool and snow - flakes white,

73

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

S For sil - ver stars em - bel - lish - ing the peace - - ful night,

A For sil - ver stars em - bel - lish - ing the peace - - ful night,

T For stars em - bel - lish - ing the peace - - ful night,

B For _____ the peace - - ful _____ night,

Pno

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

77

C food which we plant _____ but can - not grow, food which we plant _____ but can - not grow, -

S For all the sleep - ing seeds we sow, for all the sleep - ing seeds we _____ sow, -

A For all the sleep - ing seeds we sow, for all the sleep - ing seeds _____ we

T Oh, _____ We _____ sow, the sleep - ing seeds _____ we

B Oh, _____ We sow, the sleep - ing seeds we sow, -

Pno

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

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**...and some of it
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Elizabeth Alexander

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89 **C**

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

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

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

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

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

Pno
Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

94 **rit.**

C
— We lift up our hearts in thanks, in thanks.

S
hearts, We lift up our hearts, lift up our hearts in thanks.

A
hearts, We lift our hearts, in thanks, in thanks.

T
hearts, We lift up our hearts, we lift up our hearts in thanks.

B
hearts, We lift our hearts, lift our hearts in thanks.

Pno
Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

Selected Choral Music by Elizabeth Alexander

- A Palette To Paint Us As We Are** (Gerald Rich)
SATB, piano • SEA-014-01
SSA, piano • SEA-014-02
- Beware the Winter Settin' In** (Alexander)
SATB, Celtic band, opt. children's choir • SEA-139-00
- Blessed Be the Flower That Triumphs** (Boblett)
SATB • SEA-078-00
- Cherish Your Doubt** (Alexander)
SATB, piano • SEA-063-01
SSAA, piano • SEA-063-02
- Die Gedanken Sind Frei** (German protest song, arr.)
SATB, piano • SEA-087-00
- Do Not Leave Your Cares at the Door** (Norman Naylor)
SATB • SEA-071-00
- Even a Fist Was Once an Open Palm** (Yehuda Amichai)
SATB • SEA-026-01
- Faith Is the bird that feels the light** (Tagore)
SSA • SEA-068-00
- Fighting Over What We Believe** (Alexander)
SATB, soloists, piano • SEA-099-01
- Finally On My Way To Yes** (Pesha Gertler)
SSATB, piano • SEA-019-00
- Folks, I'm Telling You** (Langston Hughes)
SSATB, piano • SEA-027-00
- Glen Song** (Scott Bates)
SSATB, piano • SEA-025-00
- Handles** (Alexander)
SSA, piano • SEA-148-00
- How To Sing Like a Planet** (Alexander)
SATB, piano • SEA-105-01
- If You Can Walk You Can Dance** (Zimbabwean Proverb)
SAB, piano, claves • SEA-022-03
TBB, piano, claves • SEA-022-05
SSA, piano, claves • SEA-022-06
SATB, piano, claves • SEA-022-07
- Immortal Love** (John Greenleaf Whittier)
SATB • SEA-017-00
- Infant Holy, Infant Lowly** (Polish carol, arr.)
SSA • SEA-020-00
- Jump!** (Ray Bradbury)
SSA, string quartet • SEA-090-00
- Kindling** (Alexander)
SATB, chamber ensemble • SEA-123-00
SATB, piano • SEA-123-09
- Let it Matter** (Alexander)
SSA, piano • SEA-125-03
SATB, piano • SEA-125-04
- No Other People's Children** (Alexander)
1-4 part choir, soloist, piano • SEA-141-03
- ...or a musician** (Philip Dacey)
SATB, orchestra • SEA-007-00
- A Palette To Paint Us As We Are** (Gerald Rich)
SA, piano • SEA-014-00
SATB, piano • SEA-014-01
- Praise Wet Snow Falling Early** (Denise Levertov)
SATB, piano • SEA-015-00
- Reasons for the Perpetuation of Slavery** (Alexander)
SSAA • SEA-091-00
- Same Birds** (David Allen Evans)
SATB • SEA-128-00
- Song of Kabir** (Kabir)
SATB • SEA-119-00
- The Gate is Open** (Sister Peronne Marie Thibert)
SATB • SEA-097-01
- They Have Freckles Everywhere** (Alexander)
SSAA, piano • SEA-076-00
- To Make a Prairie** (Emily Dickinson)
SSA, piano • SEA-016-00
- We Lift Up Our Hearts** (Richard Fewkes)
Unison children's choir, SATB, piano • SEA-021-00
- We Remember Them** (Sylvan Kamens, Jack Riemer)
SATB, piano • SEA-083-01
- Where there Is Light in the Soul** (Chinese proverb)
SAB • SEA-070-00
SATB • SEA-070-01
SSA • SEA-070-02
TBB • SEA-062-03
- When the Song of the Angels Is Stilled** (Thurman)
SATB • SEA-062-00
TTBB • SEA-062-02
SSAA • SEA-062-04
SATB, flute • SEA-062-05
- Why I Pity the Woman Who Never Spills** (Prefontaine)
SSAA • SEA-058-00