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I Lift Up
My Eyes To The
Mountains

Paul French

SSAATTBB and soprano solo a cappella

Paul M. French

Paul French is the Music Director of the William Ferris Chorale, a 24-voice professional choir in Chicago, now celebrating its 40th season of commitment to the choral music of the 20th and 21st centuries. In addition, he is the Music Director at Chicago's Our Lady of Mount Carmel Church, and has worked with adult and children's voices in parishes throughout the Archdiocese of Chicago for nearly twenty five years. He has studied composition, chant, conducting and organ at St. John's University (Collegeville, MN), Northwestern University and the Pontificio Istituto di Musica Sacra in Rome. A composer of more than 200 instrumental and choral works in a variety of media including pieces for adults and children's choirs, voice, organ, brass and orchestra, Paul French is a member of the music advisory staff of the Archdiocese of Chicago, and for more than ten years has served on the faculty of the National Association of Pastoral Musicians annual Choir Director Institutes. As well, Paul is affiliated with the American Federation Pueri Cantores, an international organization devoted to the promotion of children's choirs in the Roman Catholic Church, for whom he conducts choral festivals and edits a distinguished series of choral music for children's voices.

Commissioned by The Heritage Chorale, Oak Park, IL

I Lift Up My Eyes To The Mountains

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Psalms 121

Paul French

♩ = c. 50

mp

Soprano I lift my eyes _____ to the

mp

Alto I lift my eyes, lift my eyes _____ to the

mp

Tenor I lift my eyes, lift my eyes _____ to the

mp

Bass I lift my eyes, lift my eyes _____ to the

For rehearsal only

mf

3 moun - tains, from where shall come my help? *mp* My help

mf

Alto moun - tains, from where shall come my help? *mp* My help

mf

Tenor moun - tains, from where shall come my help? *mp* My help

mf

Bass moun - tains, Ah _____ help? *mp* My help

3

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5

comes from the Lord, who made heav - en and

comes from the Lord, who made heav - en and

comes from the Lord, who made heav - en and

comes from the Lord, who made heav - en and

5

7

poco rit. *p* *a tempo*

earth.

earth.

earth. He will not let your foot be

earth. He will not let your foot be

7

poco rit. *a tempo*

9 *mf*

Your guard-ian will not slum-ber._____

mf

Your guard-ian will not slum-ber._____

8 moved, See! the guard-ian of

8 moved, See! the guard-ian of

9 *mf*

See! the guard-ian of

11 *mf* *poco rit.* *mp* *a tempo* *mf*

nei - ther slum-bers nor sleeps._____ The

mf *mp* *mf*

nei - ther slum-bers nor sleeps._____ The

8 *mp* *mf*

Is - ra - el nei - ther slum-bers nor sleeps._____ The

8 *mp*

Is - ra - el nei - ther slum-bers nor sleeps._____

11 *poco rit.* *a tempo*

13

Lord is your guard and your shade and pro - tects you at your right hand. The

Lord is your guard and your shade and pro - tects you at your right hand. The

Lord is your guard and your shade and pro - tects you at your_ right hand.

and pro - tects you at your right hand.

13

15

poco rit. *p* *molto rit.*

sun will not smite you by day by night, by

sun will not smite you by day by night by night.

nor the moon_ by night, by night.

nor the moon_ by night, by night.

15

poco rit. *p* *molto rit.*

17 *a tempo* *mp*

night. The Lord will guard you from all

mp

The Lord will guard, will guard you from all

mp

The Lord will guard, will guard you from all

mp

The Lord will guard, will guard you from all

17 *a tempo*

20 Soprano Solo (or section)

mf *mp*

e - vil, he will guard your life. The Lord will

mf *mp*

e - vil, he will guard your life. The Lord will

mf *mp*

e - vil, he will guard your life. The Lord will

mf *mp*

e - vil, life. The Lord will

20

22

mf I lift up my eyes to the

mf guard your go - ing out

mf guard your go - ing out

mf guard your go - ing out

mf guard your go - ing out

22

24

moun - tains, from where shall come my

and your com - ing in

and your com - ing in

and your com - ing in

and your com - ing in

24

26

help? _____

mf

from this time forth and for - ev - er - more, from

mf

from this time forth and for - ev - er - more, from

mf

from this time forth and for - ev - er - more, from

mf

from this time forth and for - ev - er - more, from

26

29

f *mp*

this time forth and for - ev - er - more. _____ A -

f *mp*

this time forth and for - ev - er - more. _____ A -

f *mp*

this time forth and for - ev - er - more. _____ A -

f *mp*

this time forth and for - ev - er - more. _____ A -

29

31

poco meno mosso
Soprano Solo (or section)

poco rit.

my help comes from the Lord, who made heaven and
 - men. A - - men. A - men. A -
 - men. A - - men. A - men. A -
 - men. A - - men. A - men. A -
 - men. A - - men. A - men. A -

31 **poco meno mosso** **poco rit.**

34

p **molto rit.**

earth. **pp**
 - men. A - men. A - men. **pp**
 - men. A - men. A - men. **pp**
 - men. A - men. A - men. **pp**
 - men. A - men. A - men. **pp**

34 **molto rit.**

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