

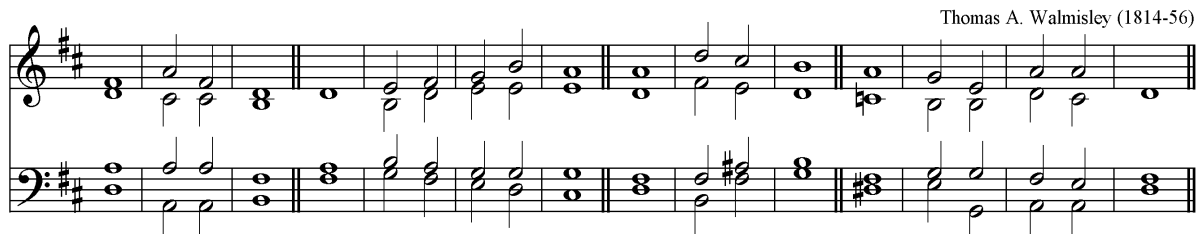
Sunday 13th September 2020

Proper 19: The 14th Sunday after Trinity

Paired / Related

Psalm 103, vv.(1–7), 8–13 *Benedic, anima mea*

From God is our healing and forgiveness: from God is tenderness and mercy.



- [1 Bless the Lord | O my | soul:
and all that is within me | bless his | holy | name.
- 2 Bless the Lord | O my | soul:
and for | get not | all his | benefits.
- 3 Who forgives | all your | sins:
and | heals all | your in | firmities.
- 4 Who redeems your | life · from the | Pit:
and crowns you with | faithful | love · and com | passion.
- ‡ 5 Who satisfies | you with | good things:
so that your | youth · is re | newed · like an | eagle's.
- 6 The Lord | exe · cutes | righteousness:
and judgement for | all who | are op | pressed.
- 7 He made his ways | known to | Moses:
and his | works · to the | children of | Israel.]
- 8 The Lord is full of com | passion and | mercy:
slow to anger | and of | great | kindness.
- 9 He will not | always ac | cuse us:
neither will he | keep his | anger for | ever.
- 10 He has not dealt with us ac | cording · to our | sins:
nor rewarded us ac | cording | to our | wickedness.
- 11 For as the heavens are high a | bove the | earth:
so great is his | mercy up · on | those who | fear him.
- 12 As far as the east is | from the | west:
so far has he | set our | sins | from us.
- ‡ 13 As a father has com | passion · on his | children:
so is the Lord merciful to | wards | those who | fear him.

[Glory to the Father and to the Son: and to the Holy Spirit.
As it was in the beginning, is now: and shall be for ever. A– men.]

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Continuous

Psalm 114 *In exitu Israel*

With God, all things are possible.

The people of Israel escape the Red Sea and start forty years of wandering.

Psalm 114 usually is sung to a chant based on the plainsong Tonus Peregrinus (wandering).

Singers should aim for a declamatory style and sing the words flexibly in unison.

It can be effective if verses are sung by gentlemen and ladies alternately.

Several examples may be accessed on YouTube.

Unison *Tonus Peregrinus (harm. D.M.O'S.)*

- 1 When Israel came | out of | Egypt:
 the house of Israel from a | people · of a | strange | tongue.
- 2 Judah be | came his | sanctuary:
 [and] | Isra · el | his do | minion.
- 3 The sea saw | that and | fled:
 Jor | dan was | driven | back.
- 4 The mountains | skipped like | rams:
 the little | hills like | young | sheep.
- 5 What ailed you O | sea · that you | fled:
 O Jordan that | you were | driven | back?
- 6 You mountains that you | skipped like | rams:
 you little | hills like | young | sheep?
- 7 Tremble O earth at the | presence · of the | Lord:
 at the | presence · of the | God of | Jacob.
- 8 Who turns the hard rock into a | pool of | water:
 the flint-stone | into a | springing | well.

[Glory to the Father and | to the | Son:
and | to the | Holy | Spirit.

As it was in the be | ginning, is | now:
and shall be for | ever. | A- | men.]