

Commissioned for the singing children of First Congregational Church, Greeley, Colorado,
by Dorothy Elder and the Board of Music

A Mountain Psalm

(A meditation on Psalm 121)

Helen Kemp
Based on Psalm 121

Helen Kemp

Thoughtfully (♩ = ca. 72)

Unison *mp*

To the hills I lift up my

eyes. To the hills and the skies I lift up my eyes, to the

with movement, but not fast

mf ♩ = 66

hills, to the hills! And I wonder, I

hills, to the hills! I wonder, I

A reproducible congregational part is printed on page 8.

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11

won-der, _ from where does my help come when I call out for help, _
I won-der, _ from where does my help come.

14

with intensity

when I need some-one near me _ to
when I call out for help, _ to lis-ten and hear me, to

17

slower, *a tempo*

love and to cheer me? _ From where does my help come?
love and to cheer me? _ From where does my help come?

With confidence and joy

(♩ = 88)

Unison (*mf*)

21

p slower *mf* *with majesty*

My help comes from the

26

Lord a-bove, the Lord who made heav - en and earth! — The Lord is my

30

help - er, the Lord is my guide, my faith-ful com -

34

pan - ion who stays by my side. The Lord is my