

Blessed be the Lord my Rock
GP - B004
SAB choir, opt. piano or organ

Abbie Betinis

\$1.00

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Blessed Be the Lord, My Rock

for SAB choir and optional piano or organ



Text:

Blessed be the Lord, my rock and my fortress,
my stronghold, my deliverer,
my shield and he in whom I take refuge.

We are like breath,
our days are like a passing shadow.

Bow thy heav'ns, O Lord,
come down!
Stretch forth thy hand from on high,
rescue me, deliver me.

I will sing a new song to thee, O God.

Psalm 144

Program note:

“Blessed Be the Lord, My Rock” was written on September 12, 2001 in response to the tragedies the day before. Like so many people living outside of the grief-stricken areas of New York, Washington D.C. and Pennsylvania, the composer felt afraid and helpless. All she could do immediately from her home in Minneapolis, Minnesota, was to write a prayer for the victims and survivors of the disaster.

The piece was premiered in May 2003 by the Mixed Choir of White Bear Lake High School, Minnesota, under director Marie Spar Dymit. A few days after its premiere, Abbie received the following note from a high school singer: “I sang [Blessed Be the Lord, My Rock] with much strength and feeling because it is the type of song that has a good message. I was very honored to be in the first group to perform it. The night that we performed it, I saw tears in people’s eyes. That made me feel like I was passing the message along in the right way.”

The piece may be performed a cappella, or with piano or organ doubling the vocal lines.

Blessed Be the Lord, My Rock

SAB a cappella, or with piano/organ doubling

Psalm 144

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Slowly, ad libitum

Freely, with motion ♩ = ca. 84

mp *mf*

S
Bless - ed be the Lord, my rock, my rock — and my —

mp *mf*

A
Bless - ed be the Lord, — my rock, — my rock and — my

mp *mf*

B
Bless - ed be the Lord, my rock, my rock — and — my

mp *mf*

Piano/Organ
(optional)

Slowly, ad libitum *Freely, with motion* ♩ = ca. 84

(may be performed with organ, piano, or a cappella)

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Please report performances of this piece to Abbie Betinis at abbie@abbiebetinis.com

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for-tress, my strong - hold, my de - liv - er - er, my

for - tress, bless - ed my strong - hold, my de - liv - er - er, my

for - tress, bless - ed my strong - hold, my de - liv - er - er, my

5

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11

shield and He in whom I take ref - uge. Bless - ed the

shield and He in whom I take ref - uge. Bless - ed the

shield and He in whom I take ref - uge. Bless - ed, bless - ed the

11

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p *mf*

17 *p*

Lord, my rock, the Lord, _____ my rock.

mf

Lord, _____ my rock, _____ the Lord, _____ We are like

p

Lord, my rock, _____ the Lord, _____ my rock.

17

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22 *pp* *mp*

Oh _____ Oh _____ We are like

mp

breath, _____ our days are like a pass _____ ing shall ow. We are like

pp *mp*

Oh _____ Oh _____ We are like

22

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26 *pp* *mf*

breath. Oh Our days are like a

breath. Oh Our days are like a pass - ing

mf breath. We are like breath, our days are like a pass - ing shad - ow. Our

26 *mf* *pp* *mf*

30 *rall.* *a tempo* *pp* *p*

pass - - - ing shad - ow. Bless - ed be the Lord, my

rall. *a tempo* *pp* *p*

shad - ow, pass - ing shad - ow. Bless - ed be the Lord, my

rall. *a tempo* *pp* *p*

days are like a pass - ing shad - ow. Bless - ed be the Lord, my

30 *rall.* *a tempo* *pp* *p*

35 *mp* *f*

rock, my rock and my for - tress, Bow thy

mf *f*

rock, my rock and my for - tress, my for - tress, Bow thy

mf *f*

rock, my rock and my for - tress, my for - tress, Bow thy

35 *mp* *mf* *f*

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41 *mf accel.*

heav'ns, O Lord, come down! Stretch forth thy hand

mf accel.

heav - ens, Lord, come down! Stretch forth thy hand

mf accel.

heav'ns, Lord, come down! Stretch forth thy hand

41 *mf* *accel.*

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47 *f* *ff* *mp* *pp* *Slowly, like the beginning*

from — on high, — Res-cue me, de - liv - er me.

from — on high, — Res-cue me, de - liv - er me.

from — on high, — Res-cue me, de - liv - er me.

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47 *f* *ff* *mp* *pp*

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52 *mp* *rit.* *p*

I will sing a new song to thee, — O — God.

mp *rit.* *p*

I will sing — a new song to thee, — O — God.

mp *rit.* *p*

I will sing a new song — to thee, — O — God.

For perusal purposes only. Do not copy.

52 *mp* *rit.* *p*

Abbie Betinis



Reviewed as “dreamlike” and “audacious... edgy and thrilling,” the music of Abbie Betinis is being performed increasingly in the United States and abroad. Her work has been commissioned by nearly 40 music organizations including the American Suzuki Foundation, Cantus, Cornell University Chorus, Dale Warland Singers, The Rose Ensemble, and the Young New Yorkers’ Chorus. Originally from Wisconsin, she studied composition at St. Olaf College, the University of Minnesota, and the European American Musical Alliance in Paris, France.

In 2005, Betinis was named Composer-in-Residence for The Schubert Club in St. Paul, where her second song cycle *Nattsanger* (Nightsongs) premiered in 2008. Her choral music is published by Augsburg Fortress, Kjos, Santa Barbara Music Publishing, and in G. Schirmer’s Dale Warland Choral Series. Her art song scores are available through Graphite Publishing, and on her personal website at www.abbiebetinis.com.

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