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You Are My Companion/Be Still and Know
SSA Choir (*A Cappella*)/Two-part Choir, Keyboard, and Guitar

Barbara Bridge



Sisters in Song
CHORAL MUSIC FOR WOMEN

**You Are My Companion/
Be Still and Know**

Barbara Bridge

FROM THE COLLECTION

Deep Peace

Octavo Packet #30141832

CD #30141833

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YOU ARE MY COMPANION

Based on Psalm 23

Barbara Bridge

Freely, chant-like

Unison *mp*

You are my com - pan - ion: You are ev - er be - side me.

Fluidly (♩ = ca. 86)

Soprano I *mp*

Still are the wa - ters where my soul is re - freshed.

Soprano II *pp*

Oh

Green are the pas - tures where you lead me to rest. In your

Alto *pp*

Oh

pres - ence, God of mer - cy, I will ev - er be — blest.

Alto *pp*

Oh

S I, II *mf*

With your hand you guide — me in the way of truth and good - ness.

Alto *mf*

You — guide me in the way of truth and good - ness.



p
Though I walk through the dark - ness I will not be a - fraid.



p
Though I walk through the dark - ness I will not be a - fraid.

S I *mf*



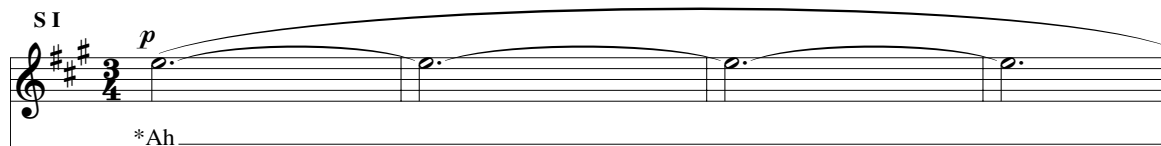
For you are my com - pan - ion, ev - er be - side me.

S II/A *mf*
(Melody)



For you are my com - pan - ion: You are ev - er be - side me.

S I *p*



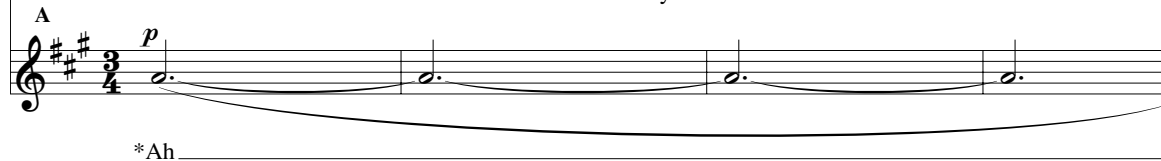
*Ah

S II *mp*

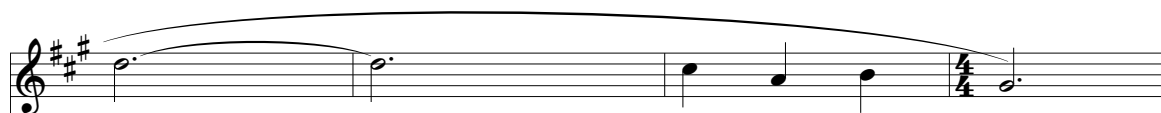


Still are the wa - ters where my soul is re - freshed.

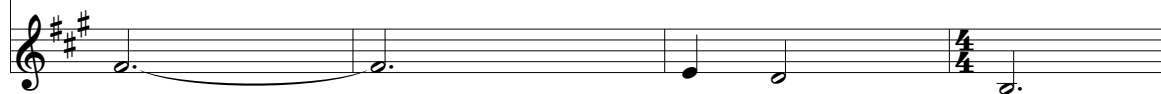
A *p*



*Ah

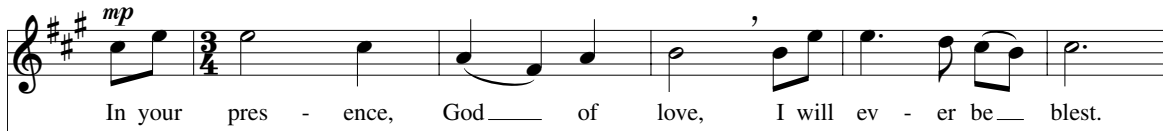



Green are the pas - tures where you lead me to rest.




*Stagger breathing for seamless phrase.

mp



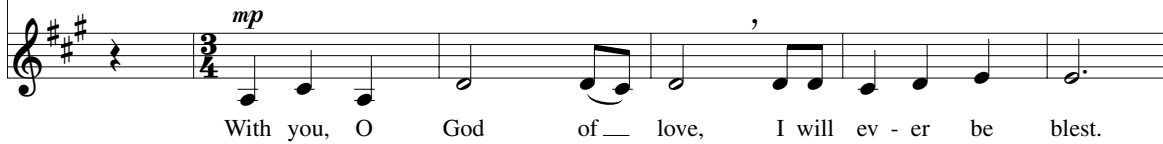
In your pres - ence, God of love, I will ev - er be blest.

mp



In your pres - ence, God of mer - cy, I will ev - er be blest.

mp




With you, O God of love, I will ev - er be blest.



You pre - pare a feast for me in the face of fear and ha - tred.

(Melody)



You pre - pare a feast for me in the face of fear and ha - tred.



You pre - pare a feast in the face of fear and ha - tred.



You a - noint me with oil and my cup o - ver - flows, o - ver -



You a - noint me with oil and my cup ov - er - flows.



You a - noint me with oil and my cup ov - er - flows.

mp

flows. Good - ness, mer - cy, fol - low me for -

mf

Sure - ly good - ness and mer - cy will fol - low me for -

mp

Good - ness, mer - cy, fol - low me for -

f
(Melody)

ev - er, _____ and I shall dwell in the heart of _____ love for -

f

ev - er _____ and I shall dwell in the heart of love for -

f

ev - er and ev - er, _____ and I shall dwell in the heart of love for -

mp

ev - er and ev - er. _____ You _____ are my com -

mf
(Melody)

ev - er, for - ev - er and _____ ev - er. _____ For you are my com - pan - ion: _____

mp

ev - er, for - ev - er and ev - er. _____ You _____ are my com -

pan - ion, ev - er be - side me. _____ Still wa - ters, _____

_____ You are ev - er be - side me. _____ Still are the wa - ters where my

pan - ion, ev - er be - side me. _____ Still wa - ters, _____

Slower (♩ = ca. 78)

p

mp

p

_____ my soul is re - freshed. _____ You _____ lead me to rest.

soul is re - freshed. Green are the pas - tures where you lead me to rest.

_____ my soul is re - freshed. _____ Lead me to rest.

With you, O God, I will ev - er, I will ev - er be _____ blest.

In your pres - ence, God of mer - cy, I will ev - er be _____ blest. _____

With you, O God, I will ev - er, for - ev - er be blest.

rit. e dim.

rit. e dim.

rit. e dim. *div.*

BE STILL AND KNOW

Based on Psalm 46:11

Barbara Bridge

Keyboard accompaniment by Craig S. Kingsbury

(♩ = 68-76)

Voice 1
Be still and know that I am God. Be still and

Voice 2
Be still and know that I am God.

Keyboard
Capo 3: (Am)
Cm

know that I am. Be still and know. Be still.

Be still and know. Be still and know that I am

(D) F (Am) Cm

As desired **Final** *rit.*

Be. Be still and know that I am Be.

God. Be still. God. Be still.

As desired **Final**

(D) F (Am) Cm (D) F (A(no3)) C(no3)

COMPOSER NOTES

YOU ARE MY COMPANION

As a meditation on Psalm 23, it is my hope that the music expresses the serenity, confidence and joy of this beautiful prayer. The recurring melodic theme often alternates between Soprano I and II, and it is important that Soprano I does not overpower the melody. It may be advisable to shift a few first sopranos to the Soprano II in these passages.

As a choral anthem, this piece is suitable any time of the year. It is especially appropriate for Funerals, Ordinations and Religious Events. This setting is not intended for use as a responsorial psalm because the paraphrased text differs significantly from that of the Lectionary and the refrain is too lengthy.

BE STILL AND KNOW

This simple, contemplative ostinato can be sung in parts or in unison, resembling plainchant. Repeat as desired, varying dynamics.

The creator of this meditation on verses of Psalm 46 is unknown, although I have heard of two possible sources: the Quakers or St. Francis of Assisi. In either case, the call to quiet prayer is consistent with their spiritual practice. The text alone reads:

*Be still and know that I am God.
Be still and know that I am.
Be still and know.*

Be.

—Barbara Bridge