Here at This Table

Janèt Sullivan Whitaker
and Max Whitaker

INTRO  Andante (\( \frac{4}{4} \) = ca. 56)

Soprano

Come and be filled here at this table.

Alto

Food for all who hunger and drink for all who

Tenor

Bass

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Here at This Table

thirst. Drink____ of his love, wine____ of sal-

Fsus4 F  Bb  Bb/D  Eb  F

va-tion. You shall live for-ev-er____ in Je-sus Christ the

Gm  Cm  Dsus4  Gm  Eb  Cm  F

1, 2, 4 to Verses 1, 2, 4  3, 5 to Verses 3, 5

Lord.  Lord.

Bb  Eb/Bb  Bb  to Verses 1, 2, 4  3, 5  Bb  Eb/Bb  Bb  to Verses 3, 5
Here at This Table
### VERSES 1, 2, 4

1. You who labor for justice, you who labor for
   
2. You with lives full of pain, you who sorrow and
   
4. You, the aged among us, holy, faithful and

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<td>Bb</td>
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<td>Bb/D</td>
<td>Fm</td>
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#### Melody

1. peace, you who steadily the plow in the

2. weep, you, beloved of Christ, come to

4. wise, may the wisdom you share form our

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<td>Cm</td>
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### Harmony

1. field of the Lord, of the

2. him, come to him! and our world!

4. lives, and our world!

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D.S.
VERSES 3, 5

Melody

Harmony

3. Children of ev'ry color in ev'ry land,
5. Let each woman and man learn from the stranger;

F                      Eb                       Bb

3. you are his own,
5. we're not so different

F                 Eb                       Bb

3. Children of ev'ry color in ev'ry land,
5. Let each woman and man learn from the stranger;

F                      Eb                       Bb

3. you are his own,
5. we're not so different

F                 Eb                       Bb

Here at This Table
3. Don’t you grow weary, for when you are blest

5. For we are one, Don’t we grow

F B♭ D7 Gm E♭

Don’t For you we grow are Don’t we grow

œ œ ... œ œ FF 7 œ œ œ .œ.˙

D.S.
molto rit.

3. run, 5. Spir-it run with the Lord!

and the pow-er of love!

B♭/F F F7 B♭/F F D.S.
molto rit.
Here at This Table
(Guitar/Vocal)

INTRO Andante (q. = ca. 56)
Capo 3: (G) (G/B) (C) (D) (Em) (Am) (B sus4)

(Keyboard)
mp
B$
(G)
B$/D
(G/B)
.œœ œ œ
E$
(C)
.œ œ ‰
F
(D)
.œœ œ œ
Gm
(Em)
jœ œ
Œ ...

REFRAIN

Come and be filled

here at this table,
Food for all who hunger and drink for

all who thirst.
Drink of his love,
wine of salvation.

You shall live forever in Jesus Christ the Lord.

3, 5
(G) (C/G) (G) to Verses 3, 5

Final
(Em) (Am) (B sus4) (Em) (C)

Lord.
Lord. You shall live forever in

Je - sus Christ the Lord.

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Here at This Table
VERSES 1, 2, 4
(Dm) Fm (G) Bb (G/B) (Dm)
1. You who labor for justice, you who labor for
2. You with lives full of pain, you who sorrow and
4. You, the aged among us, holy, faithful and
(G) (Am) (Bm)
1. peace, you who steadily the plow in the
2. weep, you, beloved of Christ, come to
4. wise, may the wisdom you share form our
(Eb) Bb/D Cm Bb (G) (Am) (D) (G/D) (D7)
1. field of the Lord, come to him!
2. him, and our world!
4. lives,
VERSES 3, 5
(D) F (C) Eb (Bb) (G)
3. Children of every color in every land,
5. Let each woman and man learn from the stranger:
(D) F (C) Eb (Bb) (G)
3. you are his own, he gathers you gently.
5. we’re not so different and so much unites us.
(D) F (G) B7 (Em) (C) Eb
3. Don’t you grow weary, for when you
5. For we are one, blest with the
(G/D) Bb/F (D) (D7) (G/D) (D)
3. run, you run with the Lord!
5. Spirit and the power of love!
Performance Notes

As much as I love to use percussion, I have found that adding rhythmic instruments tends to drive this piece faster and louder by the minute, rendering it perhaps more bombastic than is absolutely necessary. I feel that it speaks most profoundly when kept to a processional-walking pace. There should be a somewhat expansive ritenuto/crescendo coming out of the verses, which invites everyone back into the refrain. The connecting measure between the refrain and the beginning of verses 1, 2 and 4 should decrescendo, while those leading into verse 3 and 5 should crescendo dramatically. It’s a long song, so it helps to use some rubato and dynamic variation to keep it moving forward. Accompanied simply by piano (and perhaps bass, playing the chord changes on beats 1 and 4) the emphasis remains on the voices, and keeps it from growing so clangorous as to obscure the meaning of the text.

People often ask me about Max Whitaker, the person with whom I share writing credit for this song. Max is my son, and the writing credit explanation has come to be dubbed The French Toast Story. Here is the abridged version:

The refrain for the song was sung spontaneously by Max (then 6 years old) on his way to the breakfast table. His original text was decidedly secular: “Eat and be filled/come and have French toast/warm with melted butter/and powdered sugar, too...” Then he stopped! I so wanted him to go on, but by then he was too embarrassed—and hungry. The moment was gone. But later that morning, I added a consequence to his melodic antecedent, words to make it a Eucharistic refrain, and verses. The choir was introduced to it the following Thursday evening, and the rest of the assembly the weekend after that. Since then it has been translated into Spanish, Tagalog and Vietnamese by various communities in our Oakland diocese, and it seems to have found its way into a number of our large liturgical celebrations. I like the fact that “Here at this Table” was born in an ordinary family moment, at our family breakfast table. It can be a cluttered and crowded place, this table, and a myriad of life-events unfold here without much to-do. But isn’t it also here that all the really important things happen? Not unlike the table of the Lord, around which we gather to be filled, and to become ourselves the living Body of Christ.

—Janèt Sullivan Whitaker

Here at This Table
HERE AT THIS TABLE

REFRAIN

Come and be filled here at this table.

Food for all who hunger and drink for all who thirst.

Drink of his love, wine of salvation.

You shall live forever in Jesus Christ the Lord.

VERSES 1, 2, 4

1. You who labor for justice, you who labor for peace, you who steadily the plow in the field of the Lord,
2. You with lives full of pain, you who sorrow and weep, you who loved of Christ, come to him,
4. You, the aged among us, holy, faithful and wise, may the wisdom you share form our lives and our world!

VERSES 3, 5

3. Children of every color in every land,
5. Let each woman and man learn from the stranger;
3. You are his own, he gathers you gently,
5. We're not so different and so much unites us.
3. Don't you grow weary, for when you run,
5. Spirit and the power of love!

You shall live forever in Jesus Christ the Lord.

Fine